

ERRORS IN THE PRACTICE
OF
THE WATER-CURE.

ERRORS
OF
PHYSICIANS AND OTHERS
IN THE PRACTICE OF
THE WATER-CURE
AS A REMEDIAL AGENT IN THE
PREVENTION AND CURE OF DISEASES.
WITH INSTRUCTIONS FOR ITS
PROPER APPLICATION.

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NEW YORK :
FOWLERS & WELLS, PUBLISHERS,
NO. 308 BROADWAY.

IN BOSTON :
142 Washington Street.

1855.

PHILADELPHIA :
No. 231 Arch Street.

Entered, according to Act of Congress, in the year 1849.

BY FOWLERS AND WELLS,

in the Clerk's Office of the District Court for the Southern District of New York.

TRANSLATOR'S PREFACE.

IN offering this small volume to the American public, the translator deems it unnecessary to offer but few remarks of his own. A former more extensive work, by the same author, also translated by himself some months since, which has already met with a ready sale and received the highest encomiums of the press, has now passed into a second edition. The doctrines which it contains are new and startling, and when thoroughly understood, bid fair to rear a fabric of medicine upon an entirely new basis. In regard to the present volume, the translator has been convinced, the longer he has been practicing the Water-Cure System, that it has been and is urgently needed; that it should come before the public, especially before that part of it who are in any manner interested in a more rational method of curing diseases, which are engendered and multiplied rather than healed by the allopathic mode of drugging.

This work is chiefly intended to free the Water-Cure from the misconceptions and misunderstandings under which it labors, and from which any radically new system must in its incipency labor, viz.: that it has in a great measure fallen into the hands of persons who are

unacquainted with its principles or unskilful in the practice of them, and thus in many cases it has been productive of no benefit, and in rare instances of positive injury. The public will hereby be enabled to judge, when the latter is the case, whether the fault is to be attributed to the water or the water-practitioner.

C. H. M.

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ERRORS OF PHYSICIANS

CHAPTER I.

THE EMPLOYMENT OF MEDICAMENTS AND BLOOD-LETTING IN THE WATER-CURE.

IN chronic diseases, water may be used for a double purpose, viz. : firstly, merely to strengthen the whole organism and maintain the functions in the *STATU QUO* condition ; secondly, to expel the matters of disease (which is always preceded by an excitation of the same), and to restore the functions to their normal condition (the radical water-cure).

For the first purpose, the employment of medicaments is by no means requisite, but decidedly a hinderance ; still, however, not productive of speedy danger, and for this reason not—because, firstly, no excitation of the matters of disease is aimed at ; and because, secondly, that class of medicaments which are administered merely for the purpose of invigoration do not comprise the strong poisons. But the employment of medicaments for the second purpose is not only preventive and notably absurd, but also decidedly dangerous, and frequently fatal. The administration of medicaments is absurd, because it effects a suppression of the indications of reaction of the organism against the matters of disease ;* that is, a

* Those readers who doubt the existence of morbid matters as causes of disease, I refer in part to my “Miscellanies of the Graefenberg Water-

suppression of the endeavor of the body to excrete the matters of disease; whereas the administration of water for the purpose of a radical cure, arouses the dormant (that is, mucous-enveloped) matters of disease (that is, disengages them from their mucous envelopment), and brings them into immediate contact with those parts of the body endowed with organic life, whereby the indications of reaction (usually called symptoms) are produced. The manifestation of the indications of reaction produces the acute disease, called in the water-cure the crisis, in the broader sense. From these considerations the absurdity of the administration of medicine in radical water-cures is apparent, and consequently the absolute incompatibility of medicine and water as means of cure. The water is to change the chronic disease into an acute disease (crisis); the medicine changes the acute disease into a chronic. The water calls forth the enemy from his inmost hiding places; the medicine drives them back again. Consequently the incompatibility of medicine with water is evident, and the dangerousness of the administration of medicine in the radical water-cure, and, to wit, during the crisis, is precisely equal to that to which the patient is exposed in acute diseases under allopathic medicinal treatment.

All considerable crises, which do not have their seat in the organs of digestion, are attended with high fevers, many of them with the lower degrees of symptoms of inflammation, which rise rapidly to the higher and highest degrees, if, instead of water, medicine is employed, and finally produce many crises attended with uncon-

Cure," third edition (translated into English by Dr. C. H. Meeker); in part to the Treatise upon the Absorption and Deposition of Poisons and Medicaments in the Living Animal Body.

sciousness and violent phantasies. If, in all these apparently dangerous states, water is rightly administered, it results, in every case, in an excretion of matters of disease perceptible to the senses; if, on the contrary, blood-letting or medicine is employed, the excretion of the matters of disease in a satisfactory manner is impossible—death, however, very easily possible. There are many pseudo water-physicians among the medical directors of water-cure establishments who, when a critical inflammation arises, bleed their patients—who furthermore administer internally all those poisons which the medical science prescribes for high fevers and inflammations. Such water-physicians must gradually bring the water-cure system into disrepute. I regret to say, the number of such in Germany is very great.

Another kind of medicinal application is made, by pretended water-physicians, externally, to critical boils and eruptions. These persons apply plaster to the boils, and thereby prove, that they have comprehended not even a letter of the first fundamental principles of the water-cure system. The critical eruptions and boils excrete matters of disease, for the most part of acrid, corrosive, and frequently also of putrid nature, partly by evaporation in the form of gas—partly by a trickling discharge in fluid form. This evaporation, as well as trickling discharge, is obstructed in the most decided manner by the adhesive plaster and salves. The matters of disease, driven to the surface of the boils and eruptions, must, as often as possible, be washed off with water, in order that the skin be clean again, and accordingly capable of drawing new matters of disease from internally toward itself. When, on the contrary, adhesive plasters of medicinal stuffs are applied, the skin is

not only not cleansed of the morbid matters flowing toward it from internally, but it is even compelled to absorb more or less of the substance of the medicinal plaster, which, as heterogeneous to the organism, must cause new diseases. When, however, to the eruptions and boils water compresses are applied, which are so much wrung out and so warmly covered over that a comfortable warmth is maintained—when, moreover, with every change of the compress, the excreting parts are washed off and cleansed, the evaporation and discharge are aided in the most effective manner possible, inasmuch as increased excretion is elicited after every ablution, by the consequent reaction of warmth, and the highest degree of insensible perspiration of the skin is produced by the water compresses. A second and essentially important matter in the application of water compresses consists in the fact, that the skin imbibes a part of the vaporized water. Water, in its composition as well as its elements (oxygen and hydrogen), constitutes the most essential component parts of the human body, and is absolutely indispensable to the maintenance of the constant change of matter, and consequently to the excretions of the body.

If, from the preceding, the curativeness of water and the injuriousness of plaster and salve, in cases of boils and eruptions, has been already proved on physiological grounds, the same is no less corroborated by all the results of experience. Critical boils, which have been cured under hydropathic treatment by water, leave no manner of vestige upon the skin after them, neither in its structure nor in its color; on the contrary, the same boils cured with plasters and salves always leave for a long time after them, and frequently for life, their traces, both in color and structure of the skin. There is now

in my establishment a Mr. S——t, who, more than six months ago, took the water-cure in the establishment at E., and was treated by the director of that establishment with plaster applied to the boils, which arose in consequence of the water treatment. Even now, after the lapse of half a year, the spots left by the boils have a dark violet color, and the structure of the skin covering the spots is entirely abnormal. Another of my patients, Mr. R., of G., was bitten nine years ago by a dog, and the wound medicinally treated with plaster and salve a full half year before it closed. Thereupon erysipelas showed itself upon him, which would yield to no medicinal treatment. The skin of the old wound was abnormal in color and structure, and apparent as a scar at the first glance. I prophesied to the patient, that the scar would again break open under the effect of the water-cure, and in less than fourteen days this joyful occasion was realized, and attended with discharge of a great quantity of discolored suppuration. After that the erysipelas took the character of a common critical eruption, which is always a very favorable symptom.

Another example of medicinally suppressed crisis is the following. A patient, who took the cure in an establishment in middle Germany, got there a critical inflammation of the eyes, was treated with medicinal ANTIPHLOGISTICA—namely, mercury and lunar caustic—and was obliged to leave the establishment with injured eye-sight. He afterward took the cure under my advice, the inflammation of the eyes returned, was treated according to my directions, with eye-baths and water-compresses, and after having copious secretions and discharges from the eyes, he recovered again his keenness of vision.

CHAPTER II.

FAILURES IN THE DISCRIMINATION OF THE APPLICABILITY
OF STRENGTHENING CURES AND RADICAL CURES.

SINCE those patients more particularly have recourse to the water-cure, who have already gone through all the bottles of the apothecaries, and found therein aggravation of their old complaints, and usually also the addition of some new, it is necessary that, among the patients applying to water-cure, there will be very many persons with organic defects, be they either false formations or partial disorganizations. All patients, who do not labor under very advanced age, or exhausted vital power or organic disease, are without hesitation curable by the water-cure, and accordingly are referred to the treatment for radical cure. When advanced old age or exhausted vital power condition the patient's case, a radical water-cure is impossible, and consequently an endeavor to effect the same is prejudicial. But when organic defects exist in or before middle age, and with good vital power, then the radical cure is sometimes possible, sometimes impossible; consequently at one time a strengthening cure must be adopted, at another time a radical cure, according to the degree of the organic disease, and the proportion of its strength to the strength of the organism. This discrimination is one of the most difficult problems in the territory of the water-cure system, and in solution of the same, many water-physicians, especially the medicinal, will frequently commit the greatest errors.

Last summer a patient was sent me, who was in the last stadium of fistula in the colon and bladder. Nine months before, he had been treated by physicians in Schwerin with water. These gentlemen had put the patient, emaciated to a skeleton, in a dry packing, let him lie therein three hours, then bathed him in ice-cold water, in the winter season. Such a treatment as that is applicable to no patient with diseased stomach and bowels, not even with men of Herculean strength and free of organic disease. A cold shudder runs over any one, who perfectly understands the water-cure, when he thinks of subjecting an emaciated candidate of death, with incurable fistula of the colon and urinary bladder, to such a treatment. In passing, I would observe, that this tormenting and fatal fistula had arisen from a medicinally treated inflammation of the bowels—one of the million exemplifications of the truth, that the allopathic treatment of inflammations is the main origin and cause of the organic disorganizations and deformations, which begin to develop themselves immediately after the medicinal treatment, which, however, sometimes require several years before they are so far matured as greatly to irritate the health through disorderment of the functions, and which require many years more, before they have so disordered the affected organs, that death ensues. When Madame H., from N. M., presented to me that unfortunate fistula-sufferer, who was her son, at the instigation of a drug-physician, I refused receiving the patient under my treatment, and communicated to other inquiring cure-questers of mine the fact, that the patient was absolutely incurable, and that the water could only be employed as a palliative to his sufferings, but that on account of the number of adversaries constantly playing the spy upon

my actions, and slandering, I did not even dare do this, unless the mother should bring me from her family physician, a certificate of the incurableness of the patient. A few days afterward the mother handed me such a certificate, and I gave her then instructions, how she should employ the water to palliate the sufferings of her son, and sent both of them back home again. In opposition to the above-mentioned application of water, I recommended nothing further, than sometimes successive and careful rubbing of the patient under his bed-clothes, with slightly moistened towels, after perspiration had broken out upon the skin; further, a stimulating compress upon the diseased part of the abdomen, and finally, together with appeasement of the thirst with water, now and then a tepid water-clyster, if constipation existed. Among my cure-guests, there have been many who, before entering my establishment, have been treated with water by drug-physicians. The administration of water by the drug-physicians had been in every instance carried to decided excess, as well in regard to the coldness of the water, as to the length of the baths; in every instance I found it necessary to administer the water in milder forms. Yet it is a favorite melody of the drug-physicians in this country, to cry out upon the pretended excesses of the water-cure, as practiced by the non-drug-physicians!

But let us return again to the general subject. In the solution of the above-mentioned problem, whether a patient with organic defect or defects is fitted for the strengthening cure or radical cure, the water-practitioner must once for all observe the rule, THAT HE SHOULD ALWAYS DECIDE FOR THE MILDER FORM OF ADMINISTRATION, when he is not quite sure in concrete cases as to the said

discrimination. The water-practitioner, by pursuing at first a course of administration more than necessarily mild, can effect no other injury than protraction of the cure, while on the contrary, by a too intense administration of water, he may directly produce death. When the water-physician administers less water, and more tepid water, than the patient might bear, also then he would gradually revive under this mild course of treatment, and increase in strength and healthy appearance. Then the water-physician can and will, according to circumstances, proceed to a more thorough course, that is, to the radical water-cure, and he will have done no other injury than that of having wasted a little time.

But when the body is deeply burdened with matters of disease and organic defects, and the water-physician still administers the water in stimulating form, before that the patient has gained proper strength to encounter the crisis, the patient may, in that case, die of the crisis itself, that is, of debilitation by boils and other excretions, as soon as they, that is, the boils, require more strength than is at hand; or his death may be caused by the matters of disease in one whole organ, a part of which has been for a long time the seat of a chronic disorganization, being too soon set free from their mucous envelopment, and because the body has not the strength equal to their elimination and excretion, by their necessarily effecting a galloping exaggeration of the old organic defect, and thereby necessarily accelerating the period of death, above that which would have occurred without the water-cure.

As there are nowhere in nature and in life well-defined classes, so also the strengthening cure is not decidedly demarcated from the radical cure; rather there is between the two a point of contact, and for this reason

they must frequently be combined with each other under certain considerations; that is, many patients, who are afflicted with organic defects, and are still capable of radical restoration to health, would be killed, if the water were administered to them IMMEDIATELY in radical form. It must first be employed as a detergent, by producing invigoration, derivation, and lysis (gradual and not sensibly perceptible excretion of matters of disease), before the thorough and exciting course is advisable.

To demarcate in a few words the important points of the strengthening and derivative form of administration, from the exciting and radical form, I group under the former form the lesser number, the shorter duration, and the higher degree of temperature of the baths; further, the derivation of blood from head and chest toward the extremities, and, most of all, the lesser quantum of drinking-water; to the radical form belong, in addition to the antitheses of these important points, also the envelopment of the patient in wet and dry packing, to excite perspiration or increased evaporation, with the consequent cold full baths, as also the douche and wave baths; but most of all, again, the drinking of water beyond the normal quantum which a healthy man requires and consumes. Inasmuch as the water, taken in the form of drink, courses through all the blood-vessels of the body, also through the most minute capillary vessels, and by virtue of the laws of ENDOSMOSE (permeability of the walls of the blood-vessels), makes its passage also through all the organic structure, it follows thence, that the water which is drank beyond the thirst must, in an increasing ratio to the whole quantity drunk, effect a disengagement of the foreign matters present in the body, from their mucous envelopment. It is however evident, that

such a disengagement and excitation of the matters of disease, produce a violent internal commotion, and that it must consequently be avoided, if the energies of the organism are not sufficient to carry off the commotion, by elimination of the aroused matters of disease (crisis). Thus then explains itself, that drinking of too much water is a dangerous mistake in the direction of a strengthening cure; thus it also incidentally explains itself, that the drinking of too much water without baths externally, may be decidedly injurious and even dangerous.* My experience has convinced me, that one quart (about four glasses) of drinking water in the strengthening cure, and two and a half to three quarts (about ten or twelve glasses) in the radical cure, is the proper quantity; which is thus to be understood, that no more water must be drank,

* When long-continued, abnormally copious drinking, without at the same time corresponding application of water to the whole external skin, disengages and arouses the matters of disease deposited in the body, the work of excretion of them must devolve almost entirely upon the urinary organ, because the skin cannot assist materially in the excretion of matters of disease, except it be daily purified with water. It may then occur, that the matters of disease flowing in said manner upon the urinary organ gradually depress its power of excretion, and pervert this excretory form into a settled abnormal condition of the organ. I am of the opinion that hæmaturia (voiding of blood with urine) may, under certain circumstances, be developed by such a false use of water. An instance of this kind came under my observation long before I had assumed the practice of water-cure as a vocation. An individual suffering of HÆMATURIA, who had formerly been a strong brandy-drinker, supposed he was taking the water-cure, inasmuch as he drank daily ten or twelve quarts of water, without at all bathing his body; he besought advice of me, which I gave him to this intent, that he should take daily one or two entire ablutions, and not drink more water than he had thirst for. The HÆMATURIA soon disappeared, and I left the place where the patient resided. Afterward he betook himself again to brandy-drinking, and at the same time immoderate water-drinking; the HÆMATURIA returned, the patient could not on account of his business find time for bathing, or at least thought he could not, when under allopathic treatment, and shortly after died.

unless required by the thirst. The actual thirst however must be appeased, should it require even ten quarts and more per day, which very frequently occurs during crisis.

When I before said, that water taken in the form of drink penetrates all the blood and capillary vessels, and by virtue of the laws of ENDOSMOSE, partially all the plastic structure of the body, I am, according to the present position of physiological science, perfectly justified in the assertion, for the assumption of secret urinary ducts, to which Müller, and Strahl, and earlier physiologists resorted, to explain the rapid urination of many of those substances taken as drink into the stomach, which was at that time a blind riddle to them, is at the present day acknowledged as a decided error, and even banished from the territory of physiological hypotheses.

I must in addition make an observation upon organic defects. Until the discovery of the water-cure system, organic defects were considered always to be absolutely incurable, and in fact they are so by medicinal means. Even the smallest indurations and disorganizations within the body, resist every medicinal treatment. If we call organic defects those disorganizations only which affect organs that control life, which have at the same time reached a very high degree, then indeed these organic defects or diseases are also but rarely curable by water. But the slighter disorganizations, which develop themselves in the course of every chronic disease, are curable by water, and are absolutely incurable by medicine. It need indeed scarcely be observed, that the innate faults of structure are not curable by water; only those organic defects are curable, which have developed themselves in the course of life, and these latter are without all comparison more numerous than the former.

CHAPTER III.

ARTICLES OF DIET INJURIOUS IN THE WATER-CURE.

GAMBLING, sensuality, and the use of intoxicating drinks, are to my knowledge prohibited in all water-cure establishments also all water-practitioners admonish their patients against excitation of the passions. Consequently we need not speak of these matters in this place, for this work treats only of those mistakes and errors of the water-cure, which are actually committed by many water-physicians.

The hard-digestible foods on the dinner table—as roast pork, duck, and goose, also fat pastry, fat puddings, cabbage, and the like—have been so frequently spoken of and condemned, that it need here be but mentioned, that these dishes in water-cure establishments can only be allowed to persons of strong digestive organs, and that on this account easily digestible food should always come on the table at the same time, for the benefit of those having weak stomachs. But it is otherwise with the black bread;* this is esteemed very highly by many water-cure physicians, and recommended as beneficial to their patients, and still it is without doubt an impediment to the cure of a majority of them. By black bread, I understand all bread that is prepared from unbolted rye meal, and made up with water, not milk. This bread is decidedly more difficult of digestion than the fine rye bread made with milk, because the former is not baked out so dry, and conse-

* Black bread is an article of diet unknown to Americans; it is simply bread made of coarse rye meal, used much by the Germans.

quently weighs heavier in the same volume than the latter. A similar proportion in favor of wheat bread exists between wheat bread and milk rye bread. Hence from this alone, we may draw the conclusion, that good wheat bread made up with milk is more easy of digestion, and consequently more wholesome for the patient, than any description of rye bread. If we consider, also, that wheat is a more excellent and more highly glutinous grain than rye, we will be the more disposed to give it the preference for all dyspeptics.

I have, in the above, laid particular stress upon the point, that the wheat bread is more open, and, in the same volume, lighter, than the rye bread, and in so saying I have the following reason in view: It is well known that the mucous membranes of the stomach expand more and secrete more gastric juice, when the stomach, after a meal, has been filled to such a degree, that its walls come on all sides in contact with the masticated food, than when the fullness is so trifling, that only the lower and smaller part of the stomach is filled with food. A second important point in my conclusion is the fact, that the weak stomach cannot digest any considerable weight of food, and consequently cannot digest any considerable quantity of nourishment at one time. From both of these important considerations combined, it follows, that dyspeptics must make use of those foods, specially, which in large volume have a proportionately small weight. It results from this conclusion, also, that concentrated food, that is, food containing much nourishment in small volume, is not wholesome for dyspeptics. Here again, as in most instances, I come in contact with the views of the drug-physicians, which indeed cannot be otherwise, because I start from quite

opposite principles. The drug-physicians order their patients particularly concentrated articles of food, as eggs, jelly, oysters, etc. I will illustrate this principle still more fully by an example. If of two substances, which contain the same amount of nourishment, the one occupies ten times as much volume as the other (light wheat bread and oysters stand perhaps in this proportion to each other), then when one eats as much of the more voluminous, as is sufficient to fill moderately the space of the stomach, only one tenth of the room of the stomach will be filled by the concentrated food ; consequently with the latter food the same labor of digestion will devolve upon a very small part of the stomach, which in the case of the more voluminous food would be distributed over the whole stomach. It is, however, quite evident in itself, that one gland cannot secrete as much gastric juice as ten glands, and so on in proportion.

The use of butter with bread is likewise not wholesome to those of weak stomachs, and herein consists the decided abuse in many water-cure establishments of eating too much butter. Also in regard to this circumstance, wheat bread has the preference over rye bread, since the former, eaten without butter, always furnishes a more tolerable meal than rye bread without butter, viz., under the provision that unboiled milk be drank with it.

The opposite mistake of depriving those patients, of healthy digestion, also of butter, is a seldom one in water-cure establishments ; yet I am acquainted with at least one where this is the case. In general, a moderate use of fat is wholesome to persons of good digestion, and the more so the farther to the north he dwells, especially in winter. Fat is of the highest moment in the development of the animal warmth. Fat consists

of oxygen and carbon, and animal warmth is mainly generated by the combustion of the carbon by the inspired oxygen, whereby it is again excreted as carbonic acid gas through the different channels of secretion. That is one of the grounds why persons with good digestion are less inclined to feel cold or chilly, than those with diseased digestion, because the former digest more fat than the latter.

Another customary mistake in many water-cure establishments, in regard to diet, consists in this—that the patients are advised, for the purpose of creating artificial thirst, to eat honey, and especially honey cakes and ginger snaps. There can be no greater friend to these enjoyments than myself. I hold saccharine matter to be one of the most primitive and beautiful articles of nourishment (understood in the broadest sense) for man in his healthy state. But when the stomach is diseased, weak, and especially when it is ruined by medicine, it cannot digest the concentrated saccharine matter; thus, then, the saccharine matter passes into a diseased condition. Honey cake also contains too much saccharine matter in proportion to the quantity of flour, for the weak stomach to be able to digest it normally and promptly. Thence it follows, that it is a decided error, when water-practitioners in their establishments allow to ALL their patients the use of honey and honey cakes. Indeed, when they recommend these cakes, in order to excite thirst thereby, they also fall into a second error. In this thirst created by eating very piquant substances, the water that is drank is made use of for attenuation, solution, and digestion of the piquant substances, and for this reason, it cannot be employed in the disengagement of matters of disease from their old envelopment in

mucus. Consequently the creation of thirst by means of sweet cakes or ginger snapps, fails entirely of the purpose which is expected of them. In the use of moderately sugared foods, the organism can apply a much greater portion of the water drank to the dissolution of the matters of disease, than when sweet cakes are daily eaten between meals. An artificial creation of thirst through concentrated sweets, stands in like proportion, and has like effects, with the creation of thirst by highly salted foods, and yet there is no hydropathic physician who prescribes salt herring to produce thirst. When one drinks very much water, after having eaten salt herring, it so attenuates the salt acridness of the herring, that it conducts no pernicious juices into the body; but this water thus drank cannot likewise be applied by the organism to the solution of old matters of disease. Also in this point, as in every other, the instinct of man coincides with the correct theory, and one can say that the former is the sure touchstone to prove the truth of the latter. One must also keep in view, that man's instinct is infallible and reliable only in a state of health, in a state of acute disease, and in a state of crisis. This latter refers to chronic disease IN THE COURSE OF SUCCESSFUL TREATMENT. The chronic patient, whose disease is not progressing toward cure, possesses no unerring and absolute instinct; he very frequently has sensual inclinations for things which are unhealthy.

I have frequently remarked in myself and others, that during the cure of chronic diseases, such a decided dislike to piquant things sets in for a length of time, that even foods quite unsalted are most agreeable. Without doubt the organism, endued with a correct instinct, is not only the most perfect physician in the world, but it

is even endued with absolute infallibility ; without doubt every demonstration of instinct coincides precisely with the highest and ultimate truths of animal chemistry and physiology, although these departments of knowledge offer in our learned world sometimes only an empty page in those profound sciences, which are the fountains of instinct, and sometimes even present the opposite of this truth, which is error, as truth. The matter of fact above touched upon, that during the progression of the cure of chronic disease, an instinctive aversion against even the small quantity of salt, which in the normal condition of health is demanded by the instinct, arises without doubt from this cause—that in the body there exists an abnormally great quantity of old salts and other old acridities, which during the critical periods are disengaged and set free by the water. When I first observed this circumstance in myself, it went so far, that I ate even fish and eggs without salt ; at that time, I believed this taste to be the normal taste of man, and that it would always remain with me the same. I did not then examine thoroughly the true condition of this phenomenon, and fell into the supposition that table salt was superfluous for all persons of all zones, as I even yet consider it superfluous in the torrid zones, because there the exceedingly abundant saccharine of the fruits, and other spices and aromas of the vegetable world, afford a compensation for the salt, which the palate of the natural man prefers. Contrary to my expectation at that time, the desire afterward awoke in me for the use of a moderate quantity on all foods not of themselves piquant, and revealed to me the true cause of the aversion, which, during the cures of chronic disease by the water-cure, many persons experience against salt.

CHAPTER IV.

PREJUDICIAL OCCUPATIONS IN THE WATER-CURE.

THE radical water-treatment of all severe chronic diseases, excludes every business occupation. In such a course of treatment, the whole manner of life of the patient must turn alone upon the treatment itself. What is still more, all social relationships and concerns must in a radical water-cure take an altered form ; frequently in such a treatment, it is very injurious to observe the customary rules of politeness, especially during the crisis. When any one has just taken a bath, and consequently requires of necessity to warm himself by exercise, it is always injurious to be kept fastened to your chair by some visit happening perhaps at that moment. In water-cure establishments, it is the universal custom to make such politeness secondary to the cure, and to make it understood that exercise is then necessary. In the several concerns of common life, one cannot do this, or any thing similar, without making himself enemies, or without earning the reputation of being an eccentric person. It is evident from such circumstances, that a radical water-treatment, conjoined with business occupations, is always doubtful of a favorable result, and that such a result can be expected with certainty only in a water-cure establishment. To this comes also yet another consideration. Any water answers for the cure of acute diseases, if it is in any manner drinkable. For the cure of most chronic diseases, however, spring water is requisite, which is cold, contains

carbonic acid gas, and is still soft, that is, free of mineral ingredients ; hereby, we always understand only a relative absence of mineral substances, and, to wit, in that degree, that it is fit for all domestic uses. Spring or well water, which contains so much mineral that it makes a deposition upon the tea-kettle, or which will not wash linen as white as river water, has not the qualities requisite for chronic water-cures. This is a second and very important reason, why the cure of chronic affections is for the most part possible only in water-cure establishments, for the above-described soft spring water is found but in very few places, and it is in such places that water-cure establishments are located. Also, in this respect there are, I regret to say, several exceptions, and those establishments, which have not perfectly good and soft spring water, assist greatly to bring the water-cure into discredit. There is an establishment in the kingdom of Saxony, the water of which contains a perceptible quantity of lime, and whose director is a drug-doctor, who understands very imperfectly the water-cure system ; this WATER-CURE doctor bleeds his patients, if inflammation and consequently a crisis arises ; has, of all worthless hydriatic books written the most worthless ; and in this sorrowful product of his brain, promises to treat of "the whole water-cure system." The mountain region in which this establishment is located, is strongly impregnated with limestone, and lime-kilns and lime-pits abound in the neighborhood of the establishment. Still more, in Mecklenburg there is an establishment which receives all its water from the river Warnow, because all the well water in the region is uncommonly hard. The Warnow flows for leagues through an uninterrupted course of low meadow and

morass, before it reaches that remarkable establishment; which, so far as my knowledge extends, is the only one of the kind in all Europe. Probably there is not another, which in summer has no other water, than stale meadow river water of 72° Fah. warmth and over. In the warm summer season, no chronic patient can be cured by such water, and even in the colder season but very few. Upon the first glance it appears inexplicable, that such an absurdly situated water-establishment has even the least patronage; but the solution of the riddle is very simple to one acquainted with the water-cure system. The described Warnow water is serviceable for the cure of acute diseases, and hence those who are ignorant concerning the cure of such diseases, conclude that it is also adapted to the cure of chronic diseases. For the interest of the water-cure system, it were desirable that the Warnow physician remove his establishment to some other place, for instance to Doberan, which is celebrated for its water; and that the miserable physician in the Saxon establishment retire again to the field of pills and mixtures, which he cannot yet entirely leave in peace, and where he belongs, as village physician of the second class.'

Establishments for the pursuance of chronic cures in towns, have always many and decided disadvantages in comparison to the establishments in the country and in open nature; the former have no natural douches, have generally speaking no very good water, are situated in an unwholesome atmosphere, and still more, their patients are exposed to many trivial temptations for their entertainment and gratification of appetite—which are incompatible with the radical water-treatment. For this reason patients, who leave their place of residence

very rarely, enter city establishments, and the town establishment is for the most part limited to the inhabitants of the immediate vicinity. These patients are mostly in the habit of eating out of the establishment, and still more of lodging out of it; they are all subjected to the conventional constraint of society, and the greater part of them, during the water-cure, pursue domestic, official, or mercantile avocations. For these reasons the water-cure in city establishments must be pursued upon other principles, than in establishments situated in the country. Water-treatments in city establishments are not to be of such a radical character; they must keep more or less within the sphere of the strengthening cure. From comprehending or totally neglecting this fundamental principle, much mischief has arisen, which the pill-Jesuits have naturally made a handle of, in order to bring the water-cure practice into bad repute before the public.

I could recount a number of confirmed water-cure statistics of every kind of injury and mischief, which were produced by chronic patients pursuing a radical treatment along with their business occupations. These unfortunate cases have then been spread about the country by mediciners, with additional exaggerations.

In connection with business pursuits, no wet-sheet packings can be undertaken without danger, except when fever sets in; and business rests. No douche and wave baths must be taken; further, no stimulating sitz baths be used, and furthermore, considerably less water must be drank, than in water-cure establishments in the country. Consequently, the use of water must be limited to ablutions, warming cold-water compresses at night (by day in business-life they are entirely objec-

tionable) to derivative sitz baths, and according to circumstances, to a few clysters. Do not misunderstand me here; I do not say, that all treatments pursued in the course of business have resulted unfortunately and must so result, but only that the decided danger of a failure exists, and that many of such treatments have aggravated the sufferings which they were intended to cure.

CHAPTER V.

EMPLOYMENT OF A FALSE DEGREE OF TEMPERATURE IN THE WATER.

ERRORS of temperature in the INTERNAL use of water are rarely committed, but so much the more frequently in its external use.

First, a few words as to the temperature of drinking water. Every one is perhaps aware, that COLD water only as a drink, exercises a decidedly strengthening effect upon the stomach. The right temperature is in general between 44° and 50° Fah.; if it is colder than 44°, it exercises upon patients, who are inclined to cramps, a prejudicial effect. Also there are patients with chest diseases, who cannot without disadvantage to themselves, drink water under 50°. There are at times even exceptions wherein the drinking water, in commencement of the cure, must not be under 55°. If, however, it exceeds 60°, it is very rare that dyspeptic and abdominal diseases can be cured with it, or in the most favorable cases, such cures are exceedingly slow

and tedious. Water of 68° and over, exercises a prejudicial effect upon diseased digestive organs.

The errors of temperature in the external use of water consist, at the present day, very seldom in too great warmth of the water, but usually in the contrary. Hence we can prophesy with certainty, that in the future they will run into the opposite extreme, and that perhaps the cold water-cure will hereafter change to a warm water-cure, if a reformation to the correct medium does not soon take place.

In speaking of the degree of temperature, the rule must first be emblazoned forth in capital letters (still better were it with golden letters), THAT IN ALL ACUTE DISEASES, EXCEPT IN TWO CASES, THE WATER FOR THE FULL BATH, OR FOR THE GENERAL ABLUTION, MUST NEVER BE TAKEN COLD, BUT TEMPERED IN THE SCALE OF FROM 55° TO 78°, according to the different constitutions, variety of disease, and degree of disease. Those two exceptions are, first, when in an acute disease, it is the intention of the physician to allow the fever to exacerbate (which, however, is rarely allowed, and is never necessary), and when a torpid condition has set in, that is, a state of greatly decreased excitability and mobility even to stupefaction, and to such a sluggishness of the circulation, that a pulse is scarcely perceptible. If cold water is used for total ablution or half bath for a patient in a state of febrile excitation, and especially in the typhoid and typhus fever, the fever is thereby exacerbated, while on the contrary it is reduced by the use of temperate water. We do not wish to say, however, that it should be elevated to a temperature of 95°, as a Mecklenburg water-practitioner is frequently in the habit of doing in acute diseases: a temperature of 78°

must never be exceeded, although the symptoms of the disease are also relieved and removed by a higher temperature; still then the matters of disease, which are the proper cause of the disease, cannot come to a satisfactory critical excretion. When drug-physicians, who have not learned the water-cure system in any establishment, make use of this method of cure in acute diseases, they almost always take quite cold water; and when they have in this manner sent a patient to the church-yard, they are accustomed to say, there is nothing in the water-cure, as I have proved it so myself by practical experience.

In the foregoing, it was not my intention to say, that no acute disease can be cured by the employment of perfectly cold water, but only that the result is in that case doubtful, while on the contrary, when water is applied according to the principles above laid down, I consider death by acute disease impossible, if a medicinal treatment has not preceded the hydriatic. The experience of eight years has confirmed me in this opinion, at first contained in the basis of my theory. Of all the patients in acute diseases treated by me, where they had not taken any medicine or had not been bled, in not a single instance has one died, although the number of the same has been very great, and almost every kind of acute disease has been represented by them; typhus fever in all stages, gastric, rheumatic and catarrhal fever; dysentery, measles, and small pox; inflammations of the brain, chest, and bowels. In all these cases, wherein medicine had been taken already or blood abstracted, I declared the issue to be doubtful; and in these cases thus previously treated, which numbered about thirty, only two died, both of which had

been already given up by their physicians. The crisis produced by a water-treatment, are nearly allied to those acute diseases, brought into existence by the free impulse of the organism itself. Although the treatment is consequently very similar, still in the case of crisis it must be more precautionary and circumspect, for the very reason that they have been PRODUCED, and consequently no superfluous strength of organism can be presumed, which, with one prostrated by a really acute disease, can very readily occur. In treatment of crisis, to wit, of boils and rashes, the physician must be aware, first of all, that the administration of cold water in a full bath, increases still more the exanthema; for this reason he must use temperate water, as soon as they are attended with much fever, or his practiced eye tells him that all the available strength of the patient is already occupied by the existing crisis. If, under such circumstances, still an increase of the eruption is produced by cold water, the patient must finally die of debilitation. Even with the strongest man, there is a ratio in regard to the superficial skin, which cannot be surpassed by exanthema, without inducing death. Doctor K., in S., treated a patient with water, who suffered of a chronic disease, and got a boil crisis; through want of knowledge, the doctor persevered in the use of cold water, although the exanthema gradually approached to that ratio of the superficial skin above referred to, and the patient died of debilitation from excess of exanthema. Doctor K. is, from all that has come to my knowledge, a man of honorable character, who, in his medical practice, considers more the good of his patients than his private emolument; a man of such character should, if he wishes to make use of water, first go to a

good water-cure establishment, and become acquainted with its principles and practice, for there is much, very much, to learn in it, which cannot be obtained in the medical college.

We will now turn to chronic diseases. Here again the administration of too warm water, is an error that rarely occurs. By this error, the treatment is at all events greatly protracted, and if the error reaches a high degree, the treatment can be rendered quite ineffectual, and then matters remain unimproved. Positive injury, that is, an increase of the chronic affection, is seldom produced; still, however, this does occur by the administration of too cold water. We may compute with tolerable accuracy, that only half of the patients in water-cure establishments can be allowed to use the cold full bath, and then not in the beginning of the cure, but in the course of the same; the other half cannot go below 50° Fah. By quite cold water, I understand the natural temperature of the springs, and these in North Germany vary from 44° to 50° Fah., according to the season of the year and the situation. Patients with very diseased nervous system, with severe congestions of blood toward the head and breast; further, with considerable enlargements of blood-vessels in the viscera of the chest, cannot use quite cold water for the full bath or total ablution. The cause of this is easily understood. Diseased nerves are rendered still more diseased by every shock, be it either physical or moral. The cold bath effects a violent determination of the blood toward the internal parts; it effects a powerful constriction of the blood-vessels, muscular fibres, and nerves. This violent constriction sets the nerves in a state of vibration, from which the transition

to a state of rest is very difficult. These vibrations frequently degenerate into spasmodic convulsions. Diseased nerves must be tranquilized and not excited, but cold water excites them violently; temperate water gradually soothes, inasmuch as it is a means of drawing the matters of disease, and the circulation of the blood toward the periphery, without producing those violent contractions that cold water causes, which surpass the reactive power of the diseased nerves. When, furthermore, there exists already a tendency to severe congestions of blood to the head and chest, still more when enlargements of blood-vessels in the nobler viscera exist, cold water used for a full bath or total ablution, is attended with the danger of rupturing a blood-vessel, and thus producing apoplexy, inasmuch as it drives the blood in the first instance with violence from the periphery to the central organs.

The employment of cold water with patients of very diseased, especially very excited nerves, increases the excitation, and if its use is continued, the patient can thereby be made insane. These sad cases have occurred in more than one badly directed establishment, although they have occurred at least not one tenth time as often as the drug-physicians endeavor to make the public believe. All cases of that kind, that have come to my knowledge, have occurred in water establishments directed by drug-physicians, because a great many of these gentlemen are wholly unacquainted with the use of temperate water. I have treated three nervous patients that had been at the establishment at E.; all three had, immediately upon commencement of their treatment at E., been bathed in quite cold water, and soon afterward ordered to take the douche bath; all three

were by fortuitous circumstances caused to withdraw, after a short time, from that place of treatment, else insanity might likewise have been their lot. Another severe nervous patient, in the summer of 1845, became insane under the administration of quite cold water, was put into a strait-jacket, and soon after died.

An example of aggravation of already existing congestions of blood, by the use of too cold water, is the Mecklenburg officer, A. R. A., in R., who at first in the establishment at R., and afterward at E., was regaled with douche and cold full baths, and whose nervous complaints were not only aggravated, but the blood was to such a degree driven to his head, that his countenance received a strong copper color, and could be with difficulty recognized.

Of course the drug-physicians have proclaimed abroad with proper exaggerations, those cases wherein insanity has occurred during the water-cure, and have at the same time not neglected to make their comments upon the physiological reasons for the same. They have said, that the brain of one becoming insane has been softened, partly by excessive water-drinking, and partly from douching upon the head. The following serves for a rectification of these statements. In the water-cure, patients never douche upon the head; even in badly directed establishments this never occurs; as regards excessive drinking, that occurs in the above-mentioned establishments, and the errors which bunglers commit in the practice of a science, cannot of right be charged to the science itself. But even allowing that water has been drunk to excess, still a softening of the brain can never be thus produced; certainly, at least, no more readily than a softening of all the other organs of

the body. That water which is drank in excess is excreted again very rapidly, and indeed the urinary organs are much more acted upon thereby than the brain, and consequently would be by far the first to receive injury therefrom instead of the brain. One perceives, that the cause of the said insanity, as specified by the drug-physicians, is an untrue one. The cause lies much rather in the excessive excitation of the nervous system, by the coldness of the water. A proof for the truth of my declaration can be easily given. In the use of a proper degree of temperature, there has as yet never occurred a case of insanity, and yet temperate water is quite as rheumatic and quite as softening in its nature as cold water. The cause, therefore, cannot lie in the quantity of the fluid, but it must lie in the degree of temperature. In my practice no case of the kind has occurred, although among my patients there were two, who on entering upon the water-cure told me that the apprehension of this dreadful disease had induced them to essay the water-cure.

There prevails a prejudice among the friends of water-cure, that crisis can be produced by the administration of quite cold water only; that is, however, a decided error, though it is true that, if the condition of the patient allows of it, cold water brings forward the crisis more rapidly than temperate water. In support of the first position, I can appeal to a multiplicity of cases of experience. Mrs. W., severely afflicted nervously, got no kind of crisis from the long continued external use of quite cold water, under the direction of a drug-physician; when she soon afterward came to my establishment, I ordered her water at the temperature of 68°, and with this temperature she got full exanthema crisis, and made a successful cure. Mad-

ame F., likewise severely afflicted in the nerves, had got no kind of crisis in the establishment at E., under the employment of quite cold water ; she had afterward in my establishment, by the use of water, that, according to her different conditions of disease, was tempered to from 66° to 70° Fah., very considerable crisis, and was cured. Mr. S, who during five months in the establishment at G., with cold treatment of varicose veins of one leg, had had no crisis, got the same in my establishment with water at 68°.

Many persons, who either have gone through the water-cure, and thus become perfectly healthy, or who have always been healthy, and are also friends of water-cure, are accustomed to bathe during winter in the coldest water, in an unheated room, or even out of doors. Though it is certain that persons of the above-described state of health cannot contract cold from ice-cold baths, and even in frozen water, in the open air (under the provision, that they remain but a short time in the water, and that they do not go into the bath with a chilly skin), still without all doubt these ice-cold baths, under long continued use, are detrimental TO THE HEALTH OF EVERY INDIVIDUAL WITHOUT DISTINCTION, for this reason, that they call forth a reaction, which through its concussive violence gradually consumes the vital power sooner, than the moderate reaction after a bath of from 55° to 65°, in a warm room ; that is as evident as the light of day. With vigorous constitutions such a powerful reaction may be salutary for a length of time, because it brings the matters of disease more speedily to critical excretion. But with a dietetic (that is, the common daily) bath, of persons not taking the water-treatment, which is no taken for the purpose of excita-

tion, but only to cleanse and invigorate the skin, such a tumultuous reaction is of no kind of advantage, which would equal or outweigh the injury of consumption of vital power. Perhaps some one here raises the objection, that in accordance with my reasoning, the temperate bath again consumes more vital power than the dry régime; but this objection is fundamentally false. For even if it were admitted, that an increased consumption were conditioned by the temperate bath, then this assumed disadvantage is decidedly overbalanced by the purification and invigoration of the skin, and the exudation and evaporation of the refuse stuffs of the body thus promoted; in other words, by prevention of the stagnation of the humors. Moreover, it is not true, that an augmented consumption of vital power is conditioned by the temperate bath. This is quite as little the case, as that the vital power is consumed sooner by moderate exercise, than by an entire want of exercise. Inasmuch, however, as the law of exchange of matter, decomposition and recomposition thereof, is the most fundamental law in the physiology of man; therefore, all those conditions, which maintain this normal exchange of matter, are constituted true rules of health. These conditions comprise within their limits all natural stimulants, used in right measure: and, first of all, the internal and external use of water, the exercise in and enjoyment of the air, which, in a perfectly healthy régime, must not be confined to the lungs only, but must extend itself to the whole skin; the latter, however, only periodically, that is, at certain times.

The long continued use of baths in rivers or in ponds in the open air, in the winter season, must, therefore, be regarded as deleterious to the health OF EVERY PERSON,

and as an excrescence of the water-cure. It is so easy for the HEALTHY person to know what is healthy for him, he need only to follow his instinct. To no human being upon earth is it agreeable, in a frigid air, to spring into the water; but to every healthy person, to every one accustomed to water, it is highly agreeable in the winter season to take a bath of from 55 to 70° in a well-warmed room.

In earnestly admonishing against dietetic baths, in ice-cold water in the open air, or in cold rooms in the winter season, I must in addition observe, that congestions to the chest can be produced gradually by the use of them, even in healthy persons.

CHAPTER VI.

ERRORS IN REGARD TO THE NUMBER AND LENGTH OF BATHS,
AS IN REGARD TO THE QUANTITY OF DRINKS.

THE errors most frequently committed in prescribing the number and length of baths, lie, at the present day, likewise on the side of too-much: the water-cure has not as yet emerged from the stadium of exaggeration into its right and proper measure. Scarce twenty years have elapsed since its discovery, and consequently the stadium of its exaggeration by the class of water-cure practitioners, and also by the people in general, cannot yet have expired; that is a necessity, which follows partly from the contrast between the previous medicinal method of cure and the hydropathic, partly from the

transduction of medical notions over into the water-cure, and, to wit, of the false notion, that water is the direct remedy which cures the disease, or, in other words, the universal remedy in the manner understood by the old science. The universal remedy, however, without which no single disease can be cured, is the organic strength in man, and the water is only one of the many conditions, under which the organic strength really cures the disease, that is, is able to eliminate and excrete from the body the matters of disease, which are the cause of the disease. The other conditions are, wholesome air, wholesome nutrition, relief from the cares of business and pernicious moral influences, a proper clothing of the body, and, according to circumstances, now repose, now exercise. When drug-physicians dispute the applicability of the water-cure in all diseases, and maintain their assertion with the position, that there can be no universal remedy, and, consequently, water cannot be such, these gentlemen talk like blind men concerning colors, and they should be ashamed of the want of sense which they display; for it is not water which is the universal remedy in true hydriatics, but it is the organic strength.

Since the purpose of this small volume is not to furnish a comprehensive guide to the practice of the water cure system, but only admonitions against customary practical errors, the principles, according to which the number and duration of baths in every individual case are to be regulated, cannot be expected in this place. A guide to the practice of the water-cure system must point out all the paths through all the provinces of this science so particularly, that no false step to the right or left can be made. To do this, requires a much greater

expenditure of labor and time, than to specify those individual places, where hitherto most travelers have deviated to the right or left from the true path.

The number and duration of the baths must be regulated proportionably to the strength of the patient. Whatsoever general rules can be given in regard to this precept, I will briefly adduce.

NO KIND OF BATH SHOULD BE TAKEN, BEFORE PERFECT REACTION HAS BEEN REINSTATED AFTER THE PREVIOUS BATH. In many water-cure establishments, errors are daily committed against this rule. When the time before dinner or supper is too short, many patients take a sitz bath, and go immediately afterward under the douche; or they take a sitz bath, and immediately afterward a foot bath: that is under most circumstances directly injurious; under other circumstances, such a concentration of the baths destroys their whole effect.

As a consequence of the above rule, follows the second; when one either has not time to restore the reaction after a bath, or when one feels that he has need of rest, then the second bath must be omitted; in every case when lassitude or fatigue exists, rest is more beneficial than the bath. One accustoms himself but too easily to look upon the prescribed number of baths as a business, which must be performed with conscientiousness. Instead of such an habituation, impress upon yourself the idea, that when the body has a desire for rest, the bath must be unconditionally omitted. I have proclaimed this principle to my patients many hundred times, and yet a few months since, I myself transgressed so long against it, that I brought upon myself sensibly injurious consequences. I mention this to show how difficult it is, during the use of the baths, to withhold

one's self from business transactions. I am in the habit, as every real friend of the water-cure is, of daily bathing my whole body. In the middle of November I was so overburdened with business, that I could not find a few leisure moments for bathing until near noon-time; then, however, I was fatigued from constant speaking. Still further, on account of the establishment being over-filled with patients, I occupied an apartment in a by-house, which was difficult of warming. I was tired and chilly at the same time; when I had undressed myself for the bath, my skin was chilled, and I had a dread of the cold water; still I forced myself into the bath, because else I would have had the unpleasant feeling of having neglected my duty to myself. The consequence of these baths, taken with aversion and shuddering, was, that congestion of blood to the chest ensued as righteous punishment to me, for having acted in direct opposition to my oft-presented doctrine, viz., to follow the instinct. As I perceived the evil was becoming serious, I returned to the establishment, and there was able to have a temperate bath immediately on rising, in a comfortably warm room. After a few weeks the injury had entirely disappeared, which certainly would have taken a very serious turn, had I continued to do further violence to my instinct. Take warning by my example, and always suspend a bath, which comes in collision with a call for repose.

We can now turn our attention to the individual kinds of baths.

1. THE FULL BATHS

cannot be taken without danger, by such patients as suffer severely of congestions of blood. The cold full

bath must never last but for a very short time, and indeed not longer than is requisite to wet the whole body, about a quarter of a minute, except when the patient feels comfortable therein; then it may be extended to several minutes' duration. Sad mistakes do not unfrequently occur with these baths, particularly under the hands of drug-physicians, when they, without acquaintance with the water-cure, still endeavor to employ it. I am acquainted with an instance, where a doctor of medicine (Dr. B., in L.) treated a typhus-fever patient with water, and ordered her to lie HALF AN HOUR! in the cold full bath; he would in the mean time visit another patient, and return at the expiration of the half hour. The patient, however, as was to be expected, was obliged, after the lapse of one minute, to be taken out of the bath half lifeless, and died in a few days. In unfortunate cases, which are caused by such an insane administration of water, a chorus of drug-doctors are in the habit of crying out—There, we have an exemplification of the water-cure!

2. THE BATHING OF THE WHOLE BODY

in the half bath, and also by affusion, by ablution, and in the shower bath, may always last longer than the full baths; one must, however, here also impress the principle, that the bathers should guard rather against doing too much than doing too little.

3. THE SITZ BATHS,

according to their different objects, must have different periods of duration, and different degrees of temperature. The tonic, or stomach-strengthening sitz bath, combined with hand-rubbing of the abdomen must not

last longer than from ten to fifteen minutes. The sitz bath, administered for hemorrhoidal complaints, and for chronic affections of the genital parts, must last from fifteen to thirty minutes. The sitz bath, for deriving blood from the head and chest, must, under circumstances, be extended to an hour and a half. In regard to the latter sitz bath, which we will call the derivative, particular modes of proceeding must be prescribed. When there is severe plethora (fullness of blood) in the head and breast, as is often the case in inflammations of the brain and lungs, as also sometimes occurs after excessive sweating in the packing, or in the intermitting fever, the patient must be placed in a tepid sitz bath of from 78° to 88° , so that the first shock will not endanger the rupture of a blood-vessel. Then, by abstraction of the tepid and addition of cold water, the sitz bath must be reduced to from 42° to 50° , and in ten minutes after, when the water has acquired a higher degree of temperature from the elevated heat of the body, the patient is placed in a cold, fresh sitz bath, in which he remains till the object of derivation of blood is attained. Generally, the right time for the termination of this bath is indicated by a chilliness of the patient; there are also individual instances, in which it is not allowable to await the chill. The particulars in relation to this highly important chapter, I will soon treat of in my practical guide. Whoever understands the correct administration of the derivative sitz baths, the fever-allaying half baths, and the cooling compresses, he need never in any inflammation fall into the hands of the executioner, and never lose a drop of his blood.

An ingenious kind of sitz bath was prescribed by a mediciner in S., to M. H., who afterward took the

cure in my establishment. To wit, the doctor ordered him to seat himself in the receiver of a shower bath, and let the shower fall on his head: this the good man supposed to be a sitz bath. Another original sitz bath was prescribed by a mediciner to a patient, whom I found by chance in the act of carrying it into effect. I found the patient stationed upon a large table, seated in a porcelain wash-basin, and at the same time holding on with his hands to a bolt in the wall, so that he might not break the basin in two. In this wise, these highly learned gentlemen of medicine sometimes prescribe baths, of which they know nothing except the name, of which even the mechanical utensils and manipulations are unknown to them.

4. FOOT BATHS.

With these baths it is of the utmost importance to inculcate the precept, that nervous patients, who suffer much of coldness of feet, must not apply them immediately on commencing the cure, but such patients must rather first wash and apply wet friction constantly for a number of weeks to the feet, preparatory to regular foot baths. I am acquainted with several cases, where patients of this kind have taken to the use of foot baths, through the inconsiderate persuasion of water-cure friends, and have thereby done themselves injury.

A second precept in the use of foot baths is, that one must never take these baths when the feet are cold; one must much rather select a time when the feet are warm, which with the most of such patients, does not occur until the afternoon or evening.

A third rule is, that after the foot bath the patient must either walk, or when it is late in the evening, lay

himself in bed ; in general, however, the former is to be preferred.

Fourthly, one must understand to discriminate between the foot bath for the purpose of warming the feet, and the foot bath for derivation of congestions, the feet being otherwise warm, and especially to proportion the duration of the bath in accordance therewith. It is a misuse, when one prolongs the foot bath for warming of the feet beyond ten minutes ; in most cases it should only last a few minutes ; while, on the contrary, the derivative foot bath must last from ten to twenty minutes. It is however to be observed, that when severe plethora in the head or breast exists, namely, in acute diseases, the derivative foot bath does not exert the requisite effect, but that in such cases only the derivative sitz bath affords complete satisfaction.

In most cases, one cannot expect a speedy effect from the warming foot baths ; but their effect is ultimately so much the more certain, and they are the only means of permanently restoring the feet to the same temperature which the rest of the body enjoys.

In the water-cure establishment at Stuer, which I directed, I had arrangements made with mountain spring water, to give a foot bath on the shore of the lake, which, remote from the house, and concealed by elder bushes, has been set apart for the use of the females exclusively, where, unobserved, they have the opportunity of promenading immediately after the foot bath upon the shore of the lake, before coming upon the open road. The foot baths are more effective when they are not wiped dry, but walked dry. It must however be observed that this kind of foot bath will not answer for every patient.

5. THE DOUCHE BATHS,

together with the fever-exciting half baths (whose employment is extremely rare), and dry packings, are among the most exciting procedures of the water-cure. Hence it follows, that but few patients comparatively can make use of them. Perhaps the proportion of all the patients in water-cure establishments, to whom the douche is applicable, amounts to about the half of the same. In the use of the douche, it must be particularly impressed upon the patients and their physicians, not to protract too far the duration of the bath; further, many patients should not subject the spinal marrow and the breast to the stream; the head, the pit of the stomach, and the genital parts, must always be protected from the direct action of the falling stream. The duration of the douche must be limited between two and ten minutes, according to the vigorousness of the patient. It occurs indeed with all water-practitioners, that in regard to length of baths, their precepts are never more frequently overstepped, than in the employment of the douche. Since the patients are aware that the douche acts powerfully in excitation of crisis, they can never make use of it soon enough, nor take it long enough. Sometimes patients in my establishment have douched secretly, when I had forbidden them to douche; others have taken it as long again as I had prescribed. Among the latter was the merchant B., from S. On account of his robust constitution, I allowed him to take a douche bath twice daily, ten minutes long; still, however, as I afterward learned from himself, he was not satisfied with this, but had each time douched twenty minutes and continued this several weeks in succession. A

crisis broke out upon him with quite abnormal severity, in which he lay seriously ill some few weeks. The unusually violent character with which this crisis set in, had without doubt arisen from the excess of douching. The rest of the patients in the establishment were astonished at it, and considered the restoration of the patient impossible; still, under careful management, his disease took the most salutary course, and discharged its irritating matters in offensive perspirations in immense quantity. But in what manner was this case reported among the public? My opposers spread the report, that Mr. B's. condition was entirely unsuited for the douche; that immediately under the first douche he had been seized with severe cramps and thereby prostrated, and for weeks together had lain in an almost hopeless condition, and thanked God that he had escaped with his life. Since the douche serves the purpose of arousing the matters of disease and accelerating the crisis, it follows, necessarily, that they must be supplied with cold water, at least with water that is not warmer than 55° Fah. Douches, which in summer draw their supply of water from rivers or lakes, are during this season of the year entirely useless, and contain an internal contradiction between their mechanical and their chemico-physiological effect.

6. THE PACKINGS

are of two kinds, viz., dry and wet. In the latter the patient is enveloped in a well-wrung out bed-sheet, and over this packed firmly and closely with blankets and thick comforters, so as to produce an elevated warmth and free evaporation of the body.

A. THE DRY PACKINGS.

are wholly inadmissible in all acute diseases, and in chronic diseases they must be used only by those patients who are of robust and full habit of body, and still more, who have good nerves and good digestive organs, and do not suffer of any congestions of blood. These packings have no kind of effect and no worth, unless perspiration is produced by them; such a forced perspiration, however, is very exciting to every nervous patient, and consequently is detrimental to his health. With venereal, mercurially poisoned, and gouty and rheumatic persons of strong nerves, as also with several other conditions of disease, the dry packings are beneficial; in water-cure establishments, there are always but few patients, proportionally, that can be treated with dry packings. If high excitation, congestion of blood, apprehensions or spasmodic affections arise in this packing, the patient must be taken out immediately, and for the future be treated with wet packings. Patients, that are suitable for the dry packing, must not continue in the state of perspiration longer than from one half to one and a half hours, and then must bathe in cold water. A tepid bath must not follow the dry packing, because the cold bath requires less strength of nerves and of body than the dry packing.

B. THE WET PACKINGS,

as is already evident from the foregoing, find a much more general application than the dry. In most of the acute diseases, which are attended with high fever, the wet packings must be employed, if the fever will not

yield to the simple half bath, or the ablutions with wet towels. With such patients as suffer of congestions of blood, or of organic defects in the viscera of the chest, or of a strong disposition to cramps, the wet packings are also frequently not admissible; furthermore, in acute diseases, whose seat is in the digestive organs, if at the same time the fever is subordinate to the symptoms of disease in the digestive organs, as frequently in the dysentery and cholera, etc., they must not be used.

With the wet packings, especially in acute diseases, the most erroneous blunders are still frequently committed. It may be premised as a leading rule, that in these packings no perspiration must be COMPELLED, and that the patient is to be immediately unpacked and bathed, if he experiences in the packing a disquieting or stifling warmth or heat. If the patient, however, falls either asleep, or easily and without excitation into perspiration, he may continue in it as long as he feels COMFORTABLE therein; he must not be awakened out of sleep. When the patient is taken out of the wet packing, he is bathed, and always in acute diseases in tepid water.

The application of the wet packing in the improper place, as also the immoderate protraction of the envelopment, is dangerous, and may cause death if the abuse reaches the highest degree.

I was called in during the past summer to a patient who lay sick of rheumatic fever, in a town twenty miles distant, and who had treated himself with wet packings. He had endeavored in the packings to FORCE perspiration, and thereby had aggravated an old defect in his breast to so high a degree, that death, under the symptoms of inflammation of the heart, appeared near at

hand, and could only with difficulty be averted by a derivative water-treatment.

The number of envelopments that may be taken in one day, varies according to the character of the disease and constitution of the patient. In acute diseases, and in crisis, it may be necessary to give, within twenty-four hours, even five to six envelopments, if the constitution and the fever are exceedingly strong. In chronic diseases two envelopments at most may be administered daily, but at the most only one with weak and nervous patients; with many of these patients it is most beneficial if they are not packed at all on many days; with some every envelopment is objectionable; this latter admonition is, moreover, also to be extended particularly to many patients of diseased abdominal viscera. One of the best-known water-cure establishments of Northern Germany caused a severely nervously afflicted patient, Count L., to be put into the wet packings so often, that he was awakened for this purpose after two hours' sleep—well understood not during a crisis, but immediately in the commencement of the cure. After this insane procedure had been persisted in from eight to fourteen days, the physician declared to the count that his condition was not adapted to the water-cure treatment, and dismissed him from the establishment. A brother of Count L. had already sustained an aggravation of his complaints, through a likewise entirely perverted water-treatment, which was the case before his entering another establishment. One is almost compelled to believe, that many directors of such establishments make it a business to endeavor to ruin the water-cure system.

The manner in which such drug-physicians, that have

not learned the water-cure system in any water-cure establishment, frequently apply the wet packings in acute diseases, and especially in typhus fever, proves that water may also be employed as a means of torture and destruction. Doctor M., in P., prescribed to a patient in typhus fever, a wet packing, and let him remain in it SEVEN HOURS! whereupon the patient was bathed, and immediately afterward laid away again in a seven hours' packing. Very soon he was cured of all earthly suffering, and the doctor had proved that a patient can be killed, not with medicine alone, but with water also: he put the crowning sheaf upon his work of destruction, by ever afterward assuring his patients, that he had made a practical trial of the water-cure, and had found that there was nothing in it, on which occasions he did not neglect to subjoin the admonition, that in sickness they should by all means keep away from the water-cure. Doctor R., in W., in the case of a typhus-fever patient well advanced in years, applied, at her own request, the water-cure, and let her lie in the wet packing EIGHT HOURS! In order to appreciate these errors in their whole and enormous magnitude, the reader must be aware, that the duration of the packing in acute diseases must usually not be extended beyond half an hour, and but rarely over one hour.

In my "Miscellanies of the Graefenberg Water-Cure," I have presented the reasons why, in my opinion, the practice of the water-cure system should not be interdicted to any class of men—why the state should never constitute an exclusive class of water-practitioners, by conceding to them especial privileges.

But still, if the necessity exists to prohibit to certain citizens the practice of the water-cure system, then,

without all doubt, this prohibition should be first served upon these doctors of medicine, who employ the water in diseases, WITHOUT EVER HAVING LEARNED THE HYDROPATHIC SYSTEM OF PRACTICE. A sitz bath in a shower bath receiver, a cold full bath of half an hour, a packing of seven hours—all these are hydropathic misdemeanors, which, indeed, a non-mediciner has never committed!

In southern and middle Germany, it is the general custom, that mediciners, who have come to the determination to employ water in diseases, first enter an establishment, and there learn the hydiatic system. The great majority of the Mecklenburg physicians present a contrast to this, which does them but little honor; for in Mecklenburg it is quite a common occurrence, that drug-physicians, who have never seen a water-cure establishment, possess the arrogance to declare their decision upon the worthiness or unworthiness of hydiatics, and even in cases of disease to administer water, and thereby to commit manslaughter.

7. THE CLYSTERS

find, with the different water-doctors, a very different application. Some water-doctors prescribe clysters only during the period of constipation, and of acute diarrhœa; others again also in many other states of disease.

A. We need here say but little upon the employment of clysters in constipation, inasmuch as ALL water-physicians agree upon this point, and because the expediency of them cannot but be evident to the non-professional also.

B. The beneficial effect of clysters, in acute and criti-

cal diarrhœa, appears not to be obvious to many of the non-professional upon the first glance. The clysters promote the evacuations; how then can it be salutary to administer clysters in diarrhœas, where there is already too much evacuation without them? This objection has oftentimes been started, even by the mediciners; it is very easy to answer. In every acute and critical diarrhœa, the organism labors to remove from the bowels heterogeneous matters (matters of disease), which are frequently of acrid and corrosive, frequently of putrid nature. To this purpose, the bowels secrete from their glands and other vessels an abnormal quantity of fluidity, in order by means thereof to carry off the matters of disease, and cleanse themselves from them. It is very evident that it must be salutary and curative to sustain, through the aid of water, this health-restoring endeavor of the body. The water that is drank, is absorbed partly in the stomach, and still more in the small bowels, and does not at all arrive in the rectum, the last of the large bowels; thither the water can be brought only by means of the clyster. The truth of my theory is strikingly supported by the corporeal perceptions and instinct of the man. In the critical diarrhœas of the water-cure, as well as also in many acute diarrhœas, a violent burning and pain announces itself in the rectum. These tormenting sensations are produced by the secreted acrid matters of disease; somewhat of these matters remains behind in the folds of the rectum. The water-clysters mitigate these pains immediately in the first moment of their application, and by repetition remove them entirely. They are an indescribable refreshment in these diseases; they attenuate and qualify the acrid matters, under

which the organism, without help of water, oftentimes sinks, and they promote their excretion; if once used, they are demanded in the most decided manner by the instinct. When, for instance, a dysentery-patient, who has not yet through medicinal treatment been brought into the last torpid condition of the disease, and who consequently still has copious evacuations, has taken a clyster, he most earnestly desires more. I have had experience of this with dysentery-patients, of every age and sex. In other acute diarrhœas, in the cholera, and most particularly in the critical diarrhœas in the water-cure, it is likewise the same; especially in the latter, one frequently experiences a kind of intense thirst for clysters in the rectum, which sometimes demands more than twelve lavements in twenty-four hours. There are many water-cure establishments, in which vomiting and evacuating-crises are something very rare, because the directing physicians do not understand the right administration of the water in stomach and abdominal diseases. This is quite decidedly the weakest side of most establishments; even the most celebrated water-doctor* in Europe, cures this class of diseases less successfully and radically, than all the other water-physicians. Notwithstanding this, the effect of the water-cure in dyspeptic complaints, even in badly advised establishments, is without any comparison more salutary than that of all medicinal means and remedies taken together.

If, in any one kind of disease, it is necessary that the physician sympathize in all the modifications and shades of the same, and consequently must himself have expe-

* The author refers to Vincent Priessnitz.

rienced and been cured of this disease, this is, without doubt, the case with dyspeptic and abdominal diseases, and the nervous diseases connected therewith. In speaking of these diseases, my word behooves to be of no little importance, inasmuch as I have experienced these afflicting complaints in a degree rarely met with, and yet have cured myself of them.

In the autumn of 1846, in this district of country, especially on the confines of Prussian Mark, there raged a dysentery-epidemic, such as has not occurred here within the memory of man. In small villages of two thousand inhabitants, there were, at times, sixteen to eighteen corpses still unburied, and the grave-diggers were obliged to engage extraordinary assistance. In this contagion, I had the best opportunity to confound, practically, the drug-doctors, who forbade to their patients the least use of cold water, even to quench their thirst, and declared it to be fatal. On the outbreak of the epidemic, the prejudice prevailed far and wide, that the water-cure was not adapted to the cure of the dysentery. On this account, the public did not apply to me, until the drug-physicians had densely populated the church-yard. After many dysentery-patients had been cured with surprising rapidity—partly by myself in the immediate neighborhood, partly by my assisting physician, Mr. Kahl, in the surrounding country—requisitions multiplied so rapidly upon us, that we were not able to satisfy them. I did not lose a single patient of dysentery, nor did any of them retain any evil sequences, after cure of the disease; while of those medicinally treated the greater part died, and those that escaped with their lives, fell a prey to some kind of chronic disease.

It is well known, that during the dysentery an intense thirst for water sets in, as a natural intimation of the instinct, which, in all acute diseases, points out to man the way and means of cure. A method of cure which, far from appeasing the demands of instinct, opposes the most strenuous impediments to the free exercise thereof, stands in direct contradiction with nature, and thereby stamps upon itself, in the eyes of every thinking man, the most marked impress of untruth. With a stupidity—one may say with a shallow-mindedness—which otherwise may be sought in vain outside of the madhouse, the medical science forbids the dysentery-patient to allay his thirst with water; drug-doctors who do not pursue this course, take their position without the pale of the legitimate science. All physicians in this region, to the extent of a circuit of fifty miles, of whose treatment of the dysentery I have heard, prohibited the appeasement of the thirst with water. Thus, in some places, this prohibition gave rise to scenes which excite a lively remembrance of the fate of Tantalus. A custom-house officer in the Prussian town P., who, during the dysentery, had the more intense thirst for water, inasmuch as he had hitherto been favored with an uncorrupted and powerful constitution, ordered a vessel of cool water, after the drinking prohibition had been served upon him by his physician, to be placed beside his bed, which he waved and stirred with his hands, casting wistful glances into it; but he did not drink of the refreshing contents, and thus literally suffered all the torments of Tantalus. He lay prostrate with the dysentery more than a month; he did not die of it, but, through this horrible medical mistreatment, and the prohibition to drink water, he got a paralysis of the rectum

(the evacuating bowel), of which he still, to this day suffers to such a degree, that his evacuations pass from him involuntarily and unconsciously. Moreover, he is crippled to such a degree, that he cannot leave the house. This man, in the prime of life, and hitherto of excellent constitution, has, by the "rational science of medicine," not only been rendered incapable of duty, but also brought into the afflicting condition of a cripple. This is one of the thousands who have, by the medicinal method of cure, been rendered incapable of labor, and thus cast a burden upon the state. Pauperism, which is of modern date, and which belongs to the most disquieting manifestations of the present time, has, without doubt, more than one cause—but the first among them is, certainly, the medical science; the second may be brandy, the protégé of medicine; for only under her horrible sway could the human race stray unto brandy. Under the governance of the water-cure method the enjoyment of brandy is impossible. Among the defenders of brandy, the mediciners have, from time immemorial, always stood first upon the list.

In the dysentery there exists an inflammation in the large bowel; thither, as above said, the water which is drank does not reach, consequently the water-physician must bring it there by means of the clyster. Experience has substantiated this most perfectly. Only under the administration of clysters is the water-cure a sovereign remedy against the dysentery. Alas, there are pretended water-physicians who, in their ignorance, have not been aware of this fact. The water-doctor V., in R., treated the merchant C., in the dysentery, with water, without any administration of clysters, which he even declared to be fatal. From the dysentery a typhus

fever arose, with which the patient lay sick several weeks. This metamorphosis of the dysentery, or any other inflammation, into a typhus fever, is always impossible under correct administration of water; it is rather a genuine indication of the mistreatment of a patient, and consequently it is a daily occurrence under the hands of the drug-physicians. The correctness and necessity of the employment of clysters in the dysentery is furthermore unerringly indicated, also, by the instinct. The dysentery-patient, whose strength is not as yet broken down through medicinal treatment, expresses an earnest desire after clysters, so soon as he has first made trial of one.

When the dysentery, through medical treatment, is changed into typhus fever, and water is then employed, the dysentery returns again, in the course of the water-cure, and the typhus fever retires; because the dysentery is never cured by the medicine, but only constipated and suppressed. Also a case of this kind, of a farmer—Mr. S., in Z.—came under my attention, which caused great eclat. Dysentery-patients who immediately, in the beginning of the disease, sought my assistance, were, for the most part, radically cured in a few days, although the dysentery had commenced with them immediately with bloody diarrhœa, and a dozen evacuations within the space of a few hours. How malignant the epidemic was, is attested not only by the mass of those that died under medical treatment, but also by the fact, that frequently, when treated with domestic remedies, they were attacked with hemorrhages from the mouth and nose. Whoever wishes to read any thing more particular concerning the treatment of dysentery by myself, and still more by my assistant physician, I

refer to the annual report of the water-cure establishment at Stuer, for the year 1846.

In this case the most usual evil sequences that ensued after medicinal treatment of the dysentery were—white swelling of the knee, producing relative lameness, further nervous affections, deafness, and also blindness. The suppression of the dysentery by drinking great quantities of rum, and taking, in excess, other deleterious domestic remedies, also gave rise, in individual cases, to these latter affections.

One of the chief arguments of drug-physicians against the adaptation of the water-cure to all diseases, is the position, that there are diseases of a contrary nature, and that these cannot possibly be cured by one and the same remedy. The operation of the clysters, as just represented both in diarrhœa and constipation, contains a very convincing reply to that position of the drug-physicians. It is likewise in all other actually or apparently contrary diseases, just as easy to adduce the proof, that the water-treatment effects in both cases a perfect cure.

C. The employment of clysters to dissolve and eliminate inveterate, and more or less indurated slime out of the large bowels, is unknown to most water-physicians, and still it is, without doubt, a matter of the most essential moment in the water-cure, for most of chronic diseases. Many drug-physicians, at least those opposed to the water-cure, dispute that slime can deposit itself in the folds of the bowels, and there incurate. With healthy and strong bowels, it is indeed impossible; but with such as are weakened, and in places dried out through long-continued drugging and sickness, and have become hardened and disorganized, it is not only

possible, but also, I regret to say, frequently an actual matter of fact.

The proofs in favor of the possibility and reality hereof, I will set forth in the appendix to this pamphlet, in the treatise on the "absorption and deposition of poisons and medicines in the living animal body;" and hence I beg the unbelieving among my readers, before they proceed farther, to examine that portion of the appendix.

According to my experience, most chronic patients, if they have been drugged for a length of time, and especially if they have taken many sharp-toned, that is, acrid remedies, have indurated slime in the bowels. The symptoms of disease which indicate that this is the case in a HIGH DEGREE, are sluggish evacuation, imperfect digestion, and defective nutrition. When the water-physician suspects such a sliming of the bowels, he must order two to three water-clysters daily. If quantity and temperature are rightly chosen, no injury can, under any circumstances, be occasioned. Smatterers among the water-physicians have indeed given it as their opinion, that a prejudicial secretion of healthy slime or mucus might be produced by such an use of water-clysters. This opinion betrays a great ignorance of the manner in which water operates upon the whole organic structure, and most particularly upon the glandular structure of the digestive canals. Water, as the mildest of all fluids, can only under two circumstances produce an abnormal secretion of mucus in the bowels; viz., first, when the mucous glands are diseased and burdened with acrid matters, and secondly, when indurated slime exists. In the former case, the abnormal secretion of slime is occasioned by the diseased glands excreting from within, with the help of water, the

foreign matters there dormant, that are mostly of acrid nature, which, without abnormal secretion of mucus, would not be possible. In the second case, when tough or indurated slime exists in the folds of the bowels, and is dissolved by the water, then an abnormal secretion of slime or mucus from the evacuating bowel must follow. If, however, neither is the case—if the bowels are clean of all slime and their glands healthy—then the water-clyster, especially if it is not taken too cold, and not in too great a quantity, can effect no abnormal secretion of mucus. Healthy glands secrete an unusually great quantity of mucus, only when matters acrid and heterogeneous to the human body come in contact with them. Water, as a fundamental constituent of the human body, and as the mildest of all fluids, can effect an abnormal secretion of mucus from healthy glands neither in the stomach nor in the bowels: my experience has verified this truth most perfectly, that the abnormal secretions of mucus or slime, produced by the clysters, never set in immediately in the beginning of the water-cure, which, indeed, should be the case, if the water in the form of clyster effected, directly and of itself, an abnormal secretion of mucus in all the intestines. What is still more, after a longer or shorter continuation of the abnormal secretions of mucus, they cease entirely of themselves, let one take as many clysters as he will. Therein lies a still more distinct proof, that the abnormal secretion does not contain fresh, healthy mucus, but always either old, tough slime, that is oftentimes indurated, or fresh slime, containing in itself acrid matters of disease.*

* I will here meet at the start an objection, with some speciousness, which might be advanced against this. When one holds water for a length

I will insert here two letters from patients upon the effect of the clysters, with them to substantiate practically my theory. Instead of these two only, I could produce at least twenty of the past year of the same tenor, if it were not an unnecessary repetition.

FIRST LETTER.

“WATER-CURE ESTABLISHMENT, STUER, }
Nov. 13, 1846. }

“On my arrival at the water-cure establishment at Stuer, I suffered of want of appetite and indigestion, which evidently proceeded from a heavy sliming of the bowels. Upon the advice of Mr. Rausse, I began immediately to employ lavements, as the only means of removing the old slime. After I had used them uninterruptedly for five weeks, the discharges of slime began, which did not have a white color, but appeared dark gray, passing away in great lumps, and hanging

of time in the mouth, saliva is secreted, which mixes itself with the water. Hence one might conclude, that the water-clyster in the rectum likewise causes necessarily, and without interposition of collateral circumstances, an abnormal secretion of mucus. But this conclusion rests upon an error. The mouth and fauces are not destined, and for this reason also not constituted, to lodge and harbor foreign substances for a length of time. The act of digestion, however, requires that all substances coming in contact with the saliva glands, shall be mixed with saliva. With the rectum, however, both of these conditions are inverted; it is destined to harbor in itself foreign substances for a length of time, and it is not destined to secrete and infuse into the substances contained in it, a fluid to promote their digestion, but only to secrete the moisture or slimy fluidity necessary to export them. But since for the exportation of water, no other fluidity than itself is necessary, but rather the water is a means of export for the solid excrements, it follows from each of the two specified facts, that the water-clyster cannot, by itself alone, produce in the bowel any abnormal secretion of mucus, and that a conclusion drawn from the example of the mouth and fauces, and applied to the intestines, is in this instance wholly inadmissible—not even to make mention of the difference, that the glands of the mouth secrete saliva, the glands of the intestines, however, mucus.

together, string-like. This crisis lasted into the ninth week, enhanced by vomitings of similar slime; since that time, however, all discharge of slime has ceased, and my stomach is so cleansed and strengthened, that I can eat with a good appetite, and digest well all kinds of food, the consequence, I believe, of rightly applied lavements.

R. ERFURTH."

SECOND LETTER.

"STUER, Nov. 5, 1846.

(The day of my departure.)

"In the water-cure establishment at Stuer, I have been completely cured by Dr. Rausse, of inveterate chronic stomach disease, which manifested itself in constipation and indigestion. During the whole six months I have taken daily at least three clysters. In about the sixth week after the commencement of the treatment, discharges of slime set in, which frequently had a gray color, and frequently consisted of adhesive, string-like masses, of the thickness of a straw, and the length of a finger. These discharges of slime continued about two and a half months, and in the last two months of the treatment, no secretion of slime made its appearance, notwithstanding the three clysters taken daily.

"J. TORNOW."

One may say, without limitation, that if, in consequence of the use of clysters in chronic diseases, an injurious effect shows itself, the cause thereof never lies directly in the use of the clysters, but is to be sought always in a false administration of the clysters, or in some other error in the water-cure. To wit, it is a common error to take the clysters too large. They must not contain more than one fifth of a quart of wa-

ter ; with children and weak females, still less. If the rectum intimates an instinctive desire for more, it is better to take a second after an interval of time, than immediately a double one. Moreover, the clyster of the size of one fifth of a quart, must not always be injected ; if a feeling of resistance announces itself in the rectum against further injection, while the water is being injected, then the clyster must not be expressed any further. It is a common phenomenon, that the same patient requires at different times a very different quantity of water for the clysters. By observing these precautionary measures, an abnormal distention of the rectum can never occur.

Ice-cold water must never be employed for clysters in the beginning of the cure, and with highly nervous and shattered constitutions, but most especially during the time of the female monthly periods, the clysters must not be taken as cold as the spring-water. If some opposers to the use of clysters in chronic diseases, have given it as their opinion, that the rectum would be dried out by their long-continued use, these gentlemen have proved by such an opinion, that they have no correct comprehension of the first effects of cold water upon the organs of the human body. That organ or that part, which more especially comes in contact with cold water every day, grows stronger and stronger daily, and to wit, in this manner : because, in consequence of the organic reaction, the blood and the other humors of the body press thither more particularly, and circulate actively, whereby an enhanced nutrition is vouchsafed to the part. No stimulant, which is capable of being assimilated, consequently no natural stimulant can, by the longest use, produce a desiccation and weakening

of the organ or part in question ; but this must necessarily be effected in the course of time, by a stimulant which contains substances incapable of assimilation ; thus by every medicinal stimulant, for the absorbed unassimilable substances interfere in like manner, as a foreign heterogeneous matter, with the circulation of the blood and lymph, and consequently depress nutrition. It is, moreover, a matter of fact, which urges itself upon every reflecting man, that a desiccation by water contains an internal contradiction, most especially in regard to the human body, in whose every humor, water is the first and most necessary liquid constituent.

In contrariety to the adduced objection of desiccation, cold clysters, when continued altogether too long, in combination with copious water-drinking, have the effect to give to the organs of nutrition in man, a preponderance over the organs of thought ; that is, that the man follows the interests of the spiritual life less than the interests of sensuality, well understood, it is herewith not intended any decrease or disturbance of the spiritual functions unto stupidity, or indeed weakness of mind, but merely a preponderance of sensuality over spirituality. From this it appears, that by means of water we have a remedy at hand, to restore again the balance between a morbidly enhanced spiritual energy, and a morbidly depressed digestive energy.

Another more plausible objection to the chronic use of clysters is, that they will get to be a necessity, and that on this account they must be taken life-long. It is indeed true, that when a slime crisis is produced in the bowels by the clysters, they cannot be dispensed with before the crisis is ended, which sometimes in-

deed may last a very long time. It is furthermore true, that also after the slime-crisis is over, if the clysters are stopped immediately, an uncomfortable feeling arises at first during evacuation, as the natural consequence of the loss of a long habit; still even then it lasts but a short time only, before the body dispenses with the clysters without any prejudice, and without any further desire for them.

It may be assumed with certainty, that if any permanent prejudice is produced by the use of clysters, they were either falsely administered too large, too cold, too frequent, or that they were withheld from the body at too early a period, while as yet a slime-crisis existed in the bowels.

I have collected together much experience and information on this matter, in what a degree nutrition is promoted by a cleansing of the bowels by means of clysters. Emaciated persons have in my establishment, always and speedily gained in weight. This has sometimes risen almost into the incredible; one patient gained in three months about forty-five pounds, and every one who is acquainted with the water-cure knows that the flesh is thus made firmer and harder than it ever was before. Wine, brandy, and medicine, render the muscles soft and spongy.

CHAPTER VII.

ERRORS IN REGARD TO CLOTHING AND TEMPERATURE OF THE ROOM.

IN no other point of the water-cure, are more errors committed than in this. Make hardy is the constant cry of all water-friends; and, indeed, the correct hardening is of inestimable influence upon the happiness of human society, which, with proper universality, would extend itself even to its political and social relations. But the method of hardening, as it is now carried on by many water-physicians, is fundamentally false, is productive of much unhappiness, and consequently does the water-cure much injury.

The chronic patient has, in regard to food and drink, very frequently no correct instinct, because the nerves of the organs of taste and digestion are deadened to such a degree, by sharp and acrid articles of food, by alcoholic drinks, by tobacco, and most especially by medicine, that the natural stimulants (water, milk, and wholesome, mild foods) make no satisfactory impression on them, call forth no satisfactory reaction, and consequently produce in those nerves uncomfortable, flat, and even disgusting sensations. For this reason the chronic patient, on his entrance into the water-cure, must be watched over in regard to food and drink, and it often happens that nothing can be left to his own instinct. In most cases, however, circumstances are more favorable in regard to the nervous system of the skin of chronic

patients. Their nerves have not been deadened by unnatural and poisonous stimulants (with inconsiderable exceptions); they are only effeminated and weakened through insufficient influence of the natural stimulants, air and water. From this consideration, the regulation of the temperature of the room and the amount of clothing must, in by far the most cases, be left to the instinct of chronic patients; this principle is of exceeding importance for the water-cure. Through inobservance of this principle, that is, by forced hardening of the body, innumerable water-cures have been rendered unavailing. This hardening in regard to clothing and temperature of the room, must not proceed from the moral will of the man, but from his sensual propensity in the water-cure. With a rightly conducted cure, there comes, with even the most delicate and effeminate patient, a time, sooner or later, when they sensually desire cooler clothing. On entering the water-cure, namely, in the colder seasons, it sometimes happens that the patients require still warmer clothing than before their water-cure. This treatment rests upon the promotion of the excretions, and the promotion of the nutrition. Among the excretions, that of the transpirations of the skin is one of the most important. As is well known, the skin evaporates or transpires not at all, or but imperfectly, when it is in a state of chilliness; consequently in the water-cure, it must first of all be looked to, that there exists a comfortable warmth of body after and between the baths. To attain this end, exercise and proper clothing must co-operate. It is in general a very prejudicial view, if one supposes that he can, by increased exertion and exercise, replace that warmth which is withdrawn from the body, by being

more lightly clad. In some water-cure establishments the preference is given to gymnastic exercises, as being more beneficial than walking exercise. These exercises are a lever to the health, for the strength and happiness of individuals and whole nations, which cannot be sufficiently estimated. Would to God that our schools, wherein the body is crippled, and mind and strength of will ruined by learning by heart, might soon be changed into the ancient Greek gymnasia! BUT THE GYMNASTIC EXERCISES ARE ONLY FOR THE HEALTHY; for chronic patients in the water-cure, the motion of walking is more salutary. If it is desired to conduct the cure, so as to call forth crises, and thereby accelerate the cure as much as possible, then the gymnastic exercises are, in the great majority of cases, positively objectionable; the excitation of the matters of disease, still more the gradual healing out of internal disorganizations, require a condition of body which is incompatible with gymnastic exercises. In such a state, violent and sudden muscular exertions may produce internal injuries, which are not to be apprehended in a normal state of health, nor even in the stand-still state of chronic disease. The water-physician, who wishes for any reason to bring forth AS FEW CRISES AS POSSIBLE with his patients, has no better means of so doing, than by causing them to keep themselves in a state of chilliness; this chilliness then drives them to corporeal labor, as to wood-chopping or to gymnastic exercises.*

I said above, that in the first period of the water-cure,

* All that has been said of gymnastic exercises, holds good also of dancing during the water-cure. For all suffering in the nerves, as also for all patients in a state of critical excitation, dancing is decidedly prejudicial.

it is necessary to wear warmer clothing, and have a warmer temperature of room, than before commencement of the cure. The truth of this position is also proved by the feeling of the patient himself, inasmuch as he frequently feels a sensual desire for warmer clothing and warmer temperature of room. The baths, and still more the water which is drank, abstract from the body considerable warmth; and, indeed, in the beginning of the cure it is most sensibly perceived; while, on the other hand, those effects of the water-cure, which increase the generation of warmth in the body, only come on gradually, and not in their full extent, until after completion of the cure; to wit, the warmth of body is increased through invigoration of the skin system, by promotion of the circulation of the blood on the periphery of the body, by augmentation of the whole quantity of blood, which again is a result of elevated power of digestion, and perhaps more than this, by cleansing of the body from matters of disease. The animal warmth develops itself chiefly through combustion of carbon, by the oxygen of the inspired air and imbibed water, so that it becomes carbonic acid gas. Carbon, the main element of warmth, is conveyed to the body solely through the foods consumed; if then the digestion is strengthened and more is eaten, more carbon is burnt, and consequently the warmth of the body is exalted. The most carbon of course, in proportion to weight, is contained in fat; but a strong stomach only, as is well known, can elaborate much fat. It is a phenomenon, generally well known among water-cure friends, that the desire for the consumption of fat, and the capability of digesting fat, increases in the same proportion as the stomach gains more strength. It is

readily perceived, that all the causes of the elevation of warmth of body here specified, do not as yet, in the beginning of the water-cure, exercise their influence. Taking into consideration, then, the undoubtedly true position, that warmth is abstracted from the body by the cold water (by virtue of the law of equilibrium of warmth between differently tempered bodies), the conclusion arises quite evidently, that in the beginning of the water-cure, cooler clothing must not be forced upon the patients; that rather an elevation of the artificial means of warmth, that is, of the temperature of the room, and clothing the body with imperfect conductors of heat, is frequently necessary. When in the course of the cure, matters of disease are stirred up and conducted to the skin to be there evaporated, then again a comfortable state of warmth of body is a necessary condition of the cure. When the aroused matters of disease cannot, on account of chilliness of the skin, be evaporated, then new injury is done the body, instead of its being cured. The fundamental principle in regard to warmth of room and clothing during the water-cure must, therefore, be of this tenor: ARRANGE BOTH ACCORDING TO YOUR COMFORT. In this highly important rule, it is therefore also commanded, NOT TO WEAR MORE CLOTHES THAN IS AGREEABLE TO THE FEELINGS, a procedure which, for fear of taking cold, frequently occurs. In water-cure establishments it is especially to be looked to, that in the bathing rooms a temperature of 64° Fah. must be maintained. To many patients the temperature of 64° is indeed unpleasant, and they prefer rather 54° or 58°; however, they suffer no harm therefrom, although the temperature is 64°, while, on the contrary patients of very delicate nerves and shattered constitu-

tion, may be prejudiced by a temperature of 54° Fah. If it can be made convenient, it is best to heat some bathing-rooms to 54° and others to 64°. Unheated bathing-rooms during the winter season, are positively objectionable.

When the human body is exposed, without sufficient clothing, or without sufficient warmth of room, constantly to the sensation of coldness, it reacts against it by means of accelerated circulation of blood, as the only remedy whereby it can warm itself, at least relatively. Accelerated circulation, which is produced by bodily exercise, is, in the right measure, and in the right duration, most highly conducive to health, inasmuch as it promotes the so necessary exchange of matter. But the long-continued acceleration of the circulation of the blood, which occurs as a means of reaction against cold, while the body is even in a state of rest, consumes the vital strength much more rapidly than is the case when in a state of comfortableness; and, moreover, it does not promote the exchange of matter in the body, because the pores of the skin close themselves, when an uncomfortable coldness encompasses it. To sit in a state of chilliness is contradictory to the human feeling, and consequently is an unnatural state, and produces mischief. The ancient Germans clothed themselves warmly in buffalo skins—and all savages pursue the feeling of warm comfortableness.

I have heard of several cases of water-treatment, in which the patients were scarcely a short time free from the feeling of chilliness, and which did not effect any cure of their diseases, but indeed a striking acceleration of the symptoms of old age, especially in the face. The rightly conducted water-cure makes the

man not only healthier and stronger, but rejuvenates, freshens, and beautifies also his appearance. But the water-cure with perpetual freezing, consumes unnecessarily the strength, and gives to the subject a grown-old look.

The hinderance or protraction of the cure, and heightened consumption of vital power, are the general effects of a chilling water-cure. In special cases, sudden and severe forms of disease also arise, as effects of the chilliness; many melancholy cases of this kind are known to me. The two very first cases of water-treatment which I observed, before I went to Graefenberg, belong in this melancholy category. Doctor H., from Petersburg, Russia, who came from Graefenberg, where he had been nine months in learning the cure, to Mecklenburg, to make a visit in the country, persuaded two young ladies, of delicate and nervous constitution, to take the water-cure in the winter. Both of them were delicate, and wore very warm clothing. By order of Doctor H. they were obliged, immediately on commencing the water-cure, to go in very cool clothing, and with bare shoulders; were compelled to bathe in perfectly cold water, and were subjected to the packing process, despite their domestic duties. The effects of so mad a manne. of treatment could not absent themselves; before two weeks had elapsed, both the young ladies found themselves in so restless and excited a state, that nervous fever or insanity appeared not to be far off. Fortunately for themselves, they discontinued the treatment, and so came gradually back to their former condition. Dr. H. may, perhaps, have applied the water similarly to himself, for afterward his name stood in the catalogue of an insane hospital. God protect the water-cure from such apostles!

The more information I receive from water-cure establishments, so much the more apprehension seizes upon me, lest the water-cure system shall degenerate in time, and thus perish. It appears as if the great majority of those practitioners who are at the same time drug-physicians, have been aiming to give the water-cure system a direction by which it may be led toward the conveniently ready-beaten track of the treatments at the old watering establishments. These gentlemen are in the habit of recommending their patients, as soon as they have been considerably strengthened, to leave the water-cure, with the pressing invitation to come again the next year. Such a treatment of water-cure is indeed very convenient and very profitable for the directors of institutions. It is convenient, because then but few crises occur; profitable, because the patients are then never cured, and consequently remain life-long tributary. If still, as a rarity, a crisis will break forth they suppress it with medicine and blood-letting, if the patient will allow of it. These robbers among the water-cure physicians have an infinite dread of crises, because they themselves are aware that they are unequal to the task of managing them. Frequently they say boldly to their patients, that no crises are necessary to their radical cure. The proportion of well-managed crises to the number of cure-guests in an establishment, affords the surest measure of the capability or incapability of the directing physician. There are water-cure establishments in which crises are among the rarities, and where under fifty patients, at most, one gets a real and severe crisis. In my establishment, under thirty of such patients as have been here over a few weeks, there has, on an average, been only one who has left

without having had a crisis ; and the most of those that left without one, have got it soon afterward at home. In the year 1845-6, the greater half of the cure-guests, during the time from the middle of October to the middle of November, lay in severe crises ; and about the third part of the remainder had lighter crises. In this announcement I can refer to the experience of my patients.

CHAPTER VIII.

EVERY THING.

THE errors spoken of in the preceding pages, are found only with water-cure doctors, who have comprehended neither the first principles, nor, in general, the spirit of their science. Exceptions to this assertion are only possible, when intelligent water-cure physicians, for the sake of their own private emolument, so administer the water that it shall afford the greatest possible benefit, not to the cure-guests, but to the physicians. A water-cure physician is not able to treat, well, more than eighty* patients ; for, with good treatment, it often happens that half, and over, may be down at the same time with strong crisis, which then demands all the energies of one water-cure physician, even to exhaustion.

* Uncommon men and geniuses make exceptions to most rules. This is the case with Priessnitz, who can certainly treat more patients, satisfactorily, than any other water-cure physician ; although, honestly avowed, I am of the opinion, that the powers of the most highly endowed physician cannot extend to the simultaneous and satisfactory treatment of more than 100 cure-guests.

If now a physician would wish to superintend an establishment of several hundred cure-guests, without assistant physicians, he would be compelled so to administer the water, that as few crises as possible shall arise ; and for limitation of the crisis, water is the most suitable remedy, if the patients are kept in the uncomfortable state of chilliness. I have heard of water-physicians, who, on being questioned by their patients as to this perpetual freezing, replied, that it was very good, and promoted the cure. Such an answer springs either from the depths of unfathomable stupidity, or is the suggestion of self-interest. I think I have above proved to satisfaction, that a comfortable warmth of body is an indispensable condition of health and cure. The brief refrigerations, by baths, are by virtue of the reaction which they elicit ; direct warmth-promoters, but they can be so only, if after the bath the body is comfortably clothed, and a comfortable temperature exists in the dwelling room. There are, besides this, still a great number of ways by which one can make the crises more seldom ; usually, indeed, these means are, through stupidity, unwittingly brought into action by some water-doctors. It can but rarely happen that, under 100 patients, two can be treated in the same manner, if both are treated correctly, and if, consequently, crises are to arise. When, on the contrary, one treats all patients, or indeed almost all, in one and the same manner, then only very few of them can get crises.

A few months ago two respectable water-cure physicians, who had passed the summer of 1846 at Graefenberg, brought the following report, upon specified alterations, which Priessnitz is said to have undertaken in his method of cure :

. Priessnitz allowed none more to perspire in dry blankets.

2. Priessnitz did not allow the cure-guests to lie more than half an hour in the wet packing.

3. Priessnitz did not allow clysters to be used in chronic diseases, and, to wit, declared it to be injurious if, in consequence of clysters, discharges of slime ensued.

4. Priessnitz made the cure-guests wear summer clothing in raw weather and in the cold season, and frequently also even in winter; and prohibited to most of them the use of neck-cloths, and of stockings, and the heating of their rooms.

Both of these gentlemen who brought this intelligence from Graefenberg, I knew of old, as men unworthy of credibility, and I would, therefore, have put no confidence in the declarations of either of them singly. But since their testimony accorded perfectly, without their concerting together for this purpose, I was surprised, especially, as all these errors tended to the same end, of suppressing the crises. I wrote, therefore, to Priessnitz, and determined to make open opposition against the same, if these reports should be verified. Priessnitz replied to me, among other things, the following upon these points:

“1. The perspiring in the dry blanket occurs only in the case of vigorous persons.

“2. I allow the patient to lie longer in the wet sheets if he warms up with difficulty.

“3. Also in chronic diseases clysters of cold water are used.

“4. The wearing of light clothing is admissible in SUMMER, and very beneficial, since this excessive perspi-

ration is avoided. For this reason I am also accustomed to recommend it."

By this answer of Vincent Priessnitz, therefore, which I have preserved, and can communicate to any one requesting it, all the testimony of those gentlemen is branded as falsehood. What is, indeed, to be expected of water-cure physicians, who, during a half-year's residence at Graefenberg, have not even become acquainted with the elements of the Priessnitzian administration of water? Messrs. S., of H., and V., of R., are to be advised rather to return to their former trade, than to bungle into an art of which they have not comprehended the first iota. Since the acute diseases are frequently cured even by false administration of water—since the water-cure method in acute diseases can be learned and practiced even by men of the most circumscribed abilities—therefore these two professed water-physicians can also, in comparison to the drug-physicians, perform brilliant cures in acute diseases. But to learn that, one need not go to Graefenberg, nor be a water-physician. But when water-doctors, of the stamp of those two in question, undertake the cure of chronic diseases, then they disclose their utter incapability.

One can, furthermore, judge from the thus refuted reports of Messrs. S. and V., how little credibility the reports deserve, which are thrown out about Priessnitz and his establishment. If one would consider how much it lies in the pecuniary interest of a widely extended class, to spread among the public disadvantageous and strange reports about water-cure establishments, and Graefenberg in particular, he would never give credence to the like without having examined it himself.

Some time ago, a Mr. B. told me that he had taken

the cure at Graefenberg, and that Priessnitz had prescribed to him a vegetable powder for his dyspepsia! As I had soon after occasion to write Priessnitz, I questioned him as to the truth of this. Priessnitz answered he had NEVER prescribed any kind of powder to any man, but only water; moreover, that a Mr. B. from Mecklenburg had NEVER been at Graefenberg. Must not one almost arrive at the supposition, that such report-bearers are hired by individuals of a class interested in bringing the water-cure into disrepute?

On another occasion, a high civil officer told me, that Priessnitz made his patients, in the winter time, stand with bare feet on the ice half an hour, during which time they were not to move. Upon my denial of it, he assured me he knew it from so certain a source, that he would guarantee of it with his word of honor. I advised him, however, to be more economical with his word of honor, if he did not wish to make a speedy bankrupt of it.

Whoever is acquainted with Priessnitz, knows from the first, that such and similar extravagant reports about him are always untrue. Priessnitz has so acute an understanding, so cool and tranquil a talent of observation, and he is so far from all exaltation, that he can never stray into extravagant and Don Quixotical extremes. "Follow nature, and force nothing," is his wise motto.

So strange and so monstrous these falsehoods often are, which are divulged by the adversaries of the water-cure; still they are believed by many unthinking individuals among the laymen. How often have my patients said to me, I am so prudent in my injunctions that they follow so closely the reasonable directions of

nature, that they could not conceive how so extravagant reports about my establishment could spread themselves among a certain portion of the public. That takes place quite naturally ; the pill-Jesuits excogitate the falsehoods, and laugh in their sleeves when a simpleton believes them.

In this treatise, as well as in my former writings, I have said that drug-physicians are, in general, less capable of learning and practicing the water-cure system than non-drug-physicians ; and I have proved the truth of this position upon psychological grounds. At the the same time, however, I have not had the most remote idea of disputing honorable exceptions ; and I say it with great satisfaction, that among the drug-physicians who have visited my establishment in the course of this year, there were two who, with rare judgment, perceived the errors of the medicinal method of cure, and penetrated into the spirit of the water-cure system. The desert of such physicians is tenfold greater than the desert of water-physicians who have never studied, laboriously, the errors of the old method of cure. If a drug-physician is to comprehend the water-cure system, he has need of a tenfold greater innate strength of mind, than a non-drug physician ; and if he is to concede, without reservation, the truth of the water-cure system, and the untruth of the medicinal system, there must be an unusually noble heart under a wise and intelligent head. When such a man is found, he deserves, from moral considerations, the preference to any water-physician ; and every water-cure physician is under the moral obligation to compensate him, in every manner, for the mortifications and injuries which he has to suffer from his former colleagues. Do you ask of me, how

one can discriminate the physician, really converted to the truth of the water-cure system, from a pill-Jesuit quacking with the water? I answer, by this you know the former, that he employs neither any kind of medication nor blood-letting in any disease, and that he openly admits, without reserve, the ABSOLUTE unreasonableness of medicine. But the drug-physician, who can serve with both methods of cure, if he only gets his pay, has either comprehended nothing of the water-cure system, or he is a deceiver, who preys upon the ignorance of his fellow-men. I am well aware that such a declaration will draw down upon me animosities of all kinds, and even slanders from the great majority of the directors of establishments of the present day, but that may not prevent me from plainly expressing the truth. It is to be regretted, that the great majority of directors of establishments consists of drug-physicians, who consider first their own pecuniary emolument, and who think they cannot better advance its interests, than when they take in every profit, and treat as well with medicine as with water.

I am acquainted with a learned doctor of medicine, who has perceived and acknowledged the absolute falsity of his science; who then, with the zeal of a true explorer, has studied the water-cure system in Graefenberg, and in other establishments; who has severed in twain the medicinal bridge behind him, and who stands isolated in a large town, ridiculed by his former colleagues, outdone by his present rivals, because his unassuming disposition goes so far, that he withholds his cured patients from tendering him publicly their thanks, and their appreciation of his talents, while his competitors set in operation every means of charlatanry, and

while one of them scruples at no falsehood, if he can thereby attain his purposes.

I have just met, by chance, in a newspaper, a commendation of the so-called thirst-cure of Mr. Schrott; and since "every thing" suits under the convenient title of this chapter, I may be allowed here to add a few words upon Mr. Schrott and his thirst-cure. By his vicinity to Graefenberg, by his rivalry against Priessnitz, supported by the opposers of the water-cure, Mr. Schrott has gained a kind of notoriety of which he himself is quite innocent. Schrott has oftentimes, and in many ways, altered his method of cure, but indeed never from its position to the opposition; whence it is certain that it has never entered his mind to reflect upon his method of cure. In the beginning of his professional activity he magnetized the water which his patients had to drink, by manipulations, and after going the round of a great number of alterations of his method, he has at last settled upon dry rolls of wheat bread and thirst as his main remedies. It could not be otherwise, than that this so-called thirst-cure was highly recommended by the drug-physicians, partly to operate against the water-cure, and partly because thirst suits entirely as a remedy in the system of the medicinal method of cure. The medicinal method of cure consists, to wit, in the suppression of the symptoms of disease by every kind of means of torture, by poisons of every kind, by debilitation, by blood-letting, by steel and fire, by hunger—why not by thirst also? One may ask, why not also by repeated intentional influences of fright, vexation, fear, grief, and by other mental means of torture, or by compulsory exertions, which exceed the powers of the body. All those symptoms of disease, which the organism calls

up in the reaction against the causes of disease, that is, in the conflict to eliminate the matters of disease, can be suppressed by deleterious influences upon the organism; and herein consists the true essence of the medicinal method of cure. To every well-informed water-cure physician, it is a known matter of fact, that crises are suppressed by injurious moral or mechanical influences; for instance, the critical rash is driven in again, frequently, by violent excitement of the passions, by a sudden affliction causing deep grief, by violent fright, also by excessive exertions of the body; further vehement pains, which are accustomed to precede the crisis proper, that is, the actual elimination of the causes of disease, are oftentimes instantaneously put to silence by the said deleterious influences; that is curing in the spirit of the mediciners, but it is ruination in the reality.

The mediciners consider pains, inflammatory symptoms, and universal indications of the reaction of the organism against the disease, as morbid irritation, disconnected from material internal causes of disease, and although not in words, yet in effect as the disease itself. In my former writings I have shown that the said symptoms of reaction proceed from a strife of the organism against matters of disease (heterogeneous matters). This strife, or this reaction, aims at either the elimination of the matters of disease, and thus the radical cure, or the maintenance of the statu quo condition as long as possible. Hence, it follows, that the mediciners must labor to suppress the symptoms of disease; while, on the contrary, the true water-cure physician endeavors to call forth and to sustain the reactive indications of disease, well aware that the true cure of the disease, that is, the elimination of the material causes of

the disease, can be arrived at only by means of this assistance.

The human organism is a perfect masterwork ; it does not get sick out of caprice and stupidity, but from physical compulsion alone, if either the conditions of excretion and nutrition are not vouchsafed to it, or if heterogeneous matters (poison, impossible of assimilation) are introduced into it. **EVERY VITAL FUNCTION OF THE LIVING ORGANISM (EVEN THE MOST ABNORMAL, THAT IS, THE MOST DISEASED) IS THE MOST PRACTICAL CONCEIVABLE FOR THE AT-ANY-TIME-EXISTING INTERNAL CHEMICAL AND STRUCTURAL CIRCUMSTANCES OF THE BODY.** That is to say, the organism in its universality, as well as in every one of its individual organs, possesses not only the endeavor, but also an entire infallible capability so to shape its vital functions and energies, that the matters of disease and structural defects existing in the body, shall inflict the slightest and slowest possible injury to the body ; hence, the medicinal method of cure, which labors directly toward a normalization of the abnormal functions, and a removal of the symptoms and perceptions of disease, is unreasonable and ruinous. The true water-cure strikes never **DIRECTLY** at the abnormality of the functions, and at the symptom or indication of disease, but removes this through the indirect means of normalization of the chemical and structural relations of the diseased organism. I am well aware, that this consideration is one entirely new, and for many readers it would have been more convenient, had I left it unmentioned here, and brought it forward in another place, where a more ample space would present itself for the further execution and multilateral illustration and explanation of the thought. But the reflecting among

my readers will welcome this principle, even in the aphoristic form here given, and know how to deduce therefrom. I must reserve for another place a contemplation of this thought, with examples and cases of diseases.

From the principle in question it follows, that every indication of disease is produced by the organism, either for the elimination of the matters of disease, and removal of structural defects, or for the longest possible protraction of the organic ruination by matters of disease; and thence it follows again, that no indication or symptom of disease is removed through forcible, and, to the organism, inimical means, but that it must be SUPPORTED by the true system of cure in the attainment of its ever-wise purpose. As soon as the purpose is attained, the symptom of disease disappears of itself; for the animal organism is not such a stupid ass as gratuitously to torment itself, without a FOREIGN AND INIMICAL SUBSTANCE (heterogeneous matter of disease) DWELLING IN IT, BEING THE COMPULSORY OCCASION OF THE DISEASE. The declaration that poisons suppress pains and symptoms of disease, by forcing the organism to desist from its reaction against the cause of disease (heterogeneous matter), is one endowed with physiological and philosophical sense. But if the symptoms of disease and pains were not indications of reaction against matters of disease, then the removal of them, by means of poisons, would be a philosophically and physiologically inexplicable fact. Those elucidations, which the drug-physicians serve up in their pathologies, are absolutely void of sense. I will cite one of them only. The celebrated Hecker says: "The medicaments force the body to become, as it were, healthy." Beautifully expressed! insurpassably beautiful! The

human organism is, therefore, an ill-mannered headstrong, that in its stubbornness fumes against itself, and must, by means of poison, be compelled to be happy, that is, to become healthy. No; the animal organism is no spoiled, stupid child, that must be forced to be happy by puppets of medicinal learnedness, through the agency of poison. It is a complete master-piece of creation. It is, in regard to its own well-being, an infallible sage; that which is capable of building itself so wonderfully, from the embryo to the highest point of completion; that knows, with as full certainty, the means wherewith to heal its diseases. Not until it has been violently poisoned against its instinct—not till then does it lose the ability to choose, of its own accord, and with certainty, the means for its radical restoration—but then, also, it has the capability, which is not to be led astray, so to shape all its functions and vital acts, as to delay, as far as is in any manner possible, death, by means of the destruction administered to it.

But we will return from this diversion of principles to the thirst-cure once more. Without doubt the thirst-cure can, in many cases, suppress symptoms of disease quite as well as a medical cure; but, actually to cure diseases, that is, drive matters of disease out of the body, that it is quite as unable to effect as a medicinal treatment. The thirst-cure is a violation, at the same time, of nature, of instinct, of reason, like every medicinal cure. The thirst-cure can, like the medicinal cure, be acknowledged, and find many disciples in a time, wherein independent thinking rarely, and the echoing of an irrational, authoritative learnedness generally, are the order of the day. And thus I predict to the thirst-cure, in the present day, a successful career!

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